SPLICED SALMON SCRUTINIZED
BIOENGINEERED FISH BEFORE FDA {page 10}

THE WAIT IS OVER FOR GLEEKS
DIFFERENT TUNE FOR SEASON 2 {page 16}

THE WAY TO AN MBA
EDUCATION SPECIAL SECTION {page 28}

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18 MLAs on HST recall list

MLA Terry Lake, a former Kamloops mayor who made the FightHST list, called organizer a 'bully' and said he could 'get stuffed' Organizers say they are willing to scrap the recall campaign for a binding, simple-majority referendum this fall

JEFF HODSON
@METRONEWS.CA

Taking their cue from a popular reality TV show, opponents of B.C.'s harmonized sales tax yesterday announced a campaign that will help them determine which MLAs to target for recall.

FightHST has selected 18 ridings for their "MLA Survivor Recall" campaign. Included on the list are the constituencies of Finance Minister Colin Hansen and cabinet ministers Ida Chong, Bill Bennett and Steve Thomson.

Each riding will have until the middle of November to sign up as many canvassers as possible.

The top three ridings in the campaign will be the first targeted for recall in the new year.

Open

LEFT: JEFF HODSON/METRO VANCOUVER. RIGHT: STEPHANIE ORFORD/FOR METRO VANCOUVER

Good day for flora, bad day for fauna

Vancouver Parks Board commissioners were upbeat at their meeting last night after voting unanimously to maintain funding to the Bloedel Conservatory at Queen Elizabeth Park, left. The mood turned sour later when commissioners also voted unanimously to close the money-losing Stanley Park Children's Farmyard, right. Story, page 3.

Wellness

Taking care of your eyes and hair

Reasons to steer clear of chemical-filled shampoos Keep eyes peeled for vision problems in kids Mainstream embraces 'manscaping' {page 22}

Meet HBO's newest mobster

Buscemi goes back to the era of Prohibition in Boardwalk Empire {page 18}

Fumes linger in condo building

Cause of chemical vapour still unknown {page 3}

Google adds layer of security

Email measures beefed up to prevent hacking {page 15}

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Officials can't sniff out cause of fumes

Hundreds have been living in hotels since weekend Still unknown what chemicals are in air

KRISTEN THOMPSON
@METRONEWS.CA

Hotels

The Provincial Emergency Program is paying for hotels for the residents.

Residents of a downtown Vancouver condo are living in limbo waiting to find out when their homes will be safe to return to after their building was overcome with toxic fumes — twice.

The 21-storey Electra Building, formerly the B.C. Hydro building at Nelson and Burrard streets, was evacuated late Friday when smoke from a renovation project filled the structure.

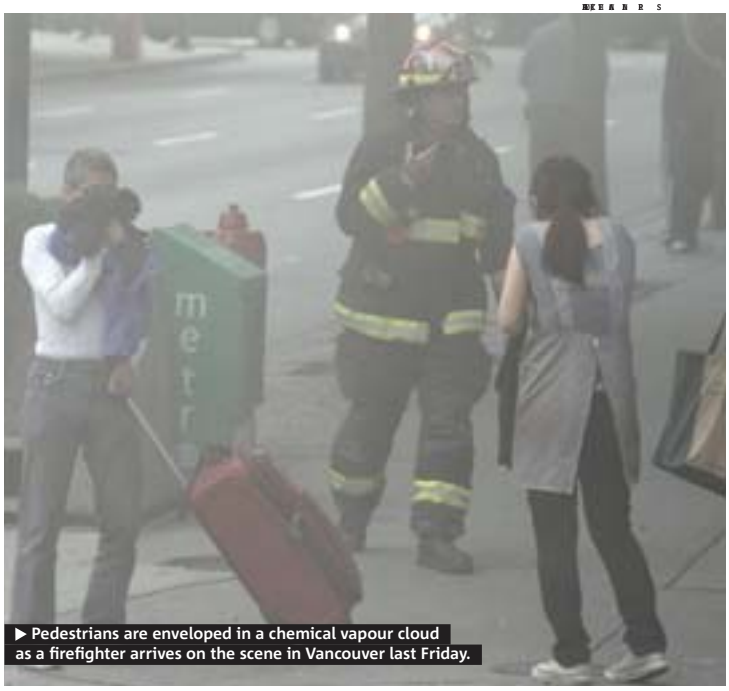
Residents from nearly 250 units were allowed back in later that day, only to be asked to leave again Saturday when fumes resurfaced.

Capt. Gabe Roder, spokesperson for the Vancouver Fire Department, said investigators have detected high readings of hydrogen cyanide in the air at the building.

It's believed the fumes were caused when a contractor replacing some tiles used chemical foam to raise concrete in the basement and noxious fumes filled the tower.

Authorities have not said how long residents will be kept out of their homes.

WITH FILES FROM THE CANADIAN PRESS



▶ Pedestrians are enveloped in a chemical vapour cloud as a firefighter arrives on the scene in Vancouver last Friday.

Bloedel to stay open, Farmyard to close

Vancouver Parks Board commissioners voted last night to maintain funding to the Bloedel Conservatory and to close the Stanley Park Children's Farmyard.

All seven Park Board members voted in favour of a plan to keep the Conservatory running, and again unanimously in favour of scrapping the farmyard, which opened in 1982.

Commissioners accepted a proposal by the Friends of the Bloedel Association and the VanDusen Botanical Garden Association to revitalize the Conservatory as a garden and education centre. The plan calls for it to be managed by a partnership of the VanDusen Botanical Garden and the Parks Board.

"We have a love and passion of the people of Vancouver with the education and dedication of the people at VanDusen Botanical Gardens," Commissioner Stuart MacKinnon said.

The Farmyard has been running an average deficit of $166,500 plus $82,000 in maintenance costs annually. It will close on Jan. 2, 2011, following Stanley Park's annual Bright Nights Christmas event.

STEPHANIE ORFORD

CROSS-BORDER TRAVEL

Fees kill second Amtrak

Washington state officials say the second Amtrak Cascades train service to Vancouver is being cancelled due to higher fees imposed by Canada.

The Canadian federal government said it would require the Washington State Department of Transportation to pay nearly $550,000 a year for border-clearance services.

"British Columbia and Washington are so disappointed by this news," said Washington transportation secretary Paula Hammond.

She said the second train brought an estimated $11.8 million in economic benefits to B.C. and that it doesn't make sense to end it over $550,000. Travellers to Washington state don't pay a U.S. customs fee.

METRO VANCOUVER

1 news

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Allan Small details the hazards of too many stock analysts giving out too much advice. More at metronews.ca/investing

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Group shouldn't deter sex assault victims: Activist

There will always be people defending accused — such as Facebook group — women's advocate says

KRISTEN THOMPSON
@METRONEWS.CA

A new Facebook group that's defending a group of boys and men accused of raping a teenage girl is "outrageous," but can't undo years of work done by police and women's rights groups, according to a transition house worker.

"Sometimes women are afraid that they won't be believed, that the police won't take (them) seriously," said Ishama Harris with the Vancouver Rape Relief and Women's Shelter.

"I still think there's a lot of progress being made (to support rape victims)."

Harris was responding to the Facebook group Reasonable Doubt In Pitt Meadows, where some members have cast doubt on the story from a 16-year-old girl police say was drugged and gang raped at a rave.

Images of the incident were posted on Facebook.

"I know it's a very easy thing to support your family and people you know," said Harris.

"(But) this is not a case of 'he said, she said.'

"The police have a lot of evidence that this ... really did happen.

"Whatever was done, the courts will uphold the law."

Case

- A 16-year-old has been accused of posting the photos online and an 18-year-old was arrested for allegedly participating in the rape.

What do you think about this case? Have your say online at vancouverletters@metronews.ca

News in brief

City issues apology to Chinese

NEW WESTMINSTER. The City of New Westminster last night became the first municipality in Canada to apologize to Chinese-Canadians for historic wrongs. Officials delved into its early 20th century archives and found a ban on Chinese from voting and political meetings about the "Oriental menace."

THE CANADIAN PRESS

Gun shots fired at home

SURREY. A Surrey home, reportedly belonging to Radio India's manager, was shot at early yesterday. Maninder Gill, who lives in the home, was charged after a wedding shooting last month.

SARAH N. FITZGERALD

60 seconds

▶ Boston Pizza chair Jim Treliving at the franchise on West Broadway yesterday.

BOSTON PIZZA PIZZAZZ

"THE PERSON WHO LIVED UPSTAIRS WAS NAMED BILL BOSTON"

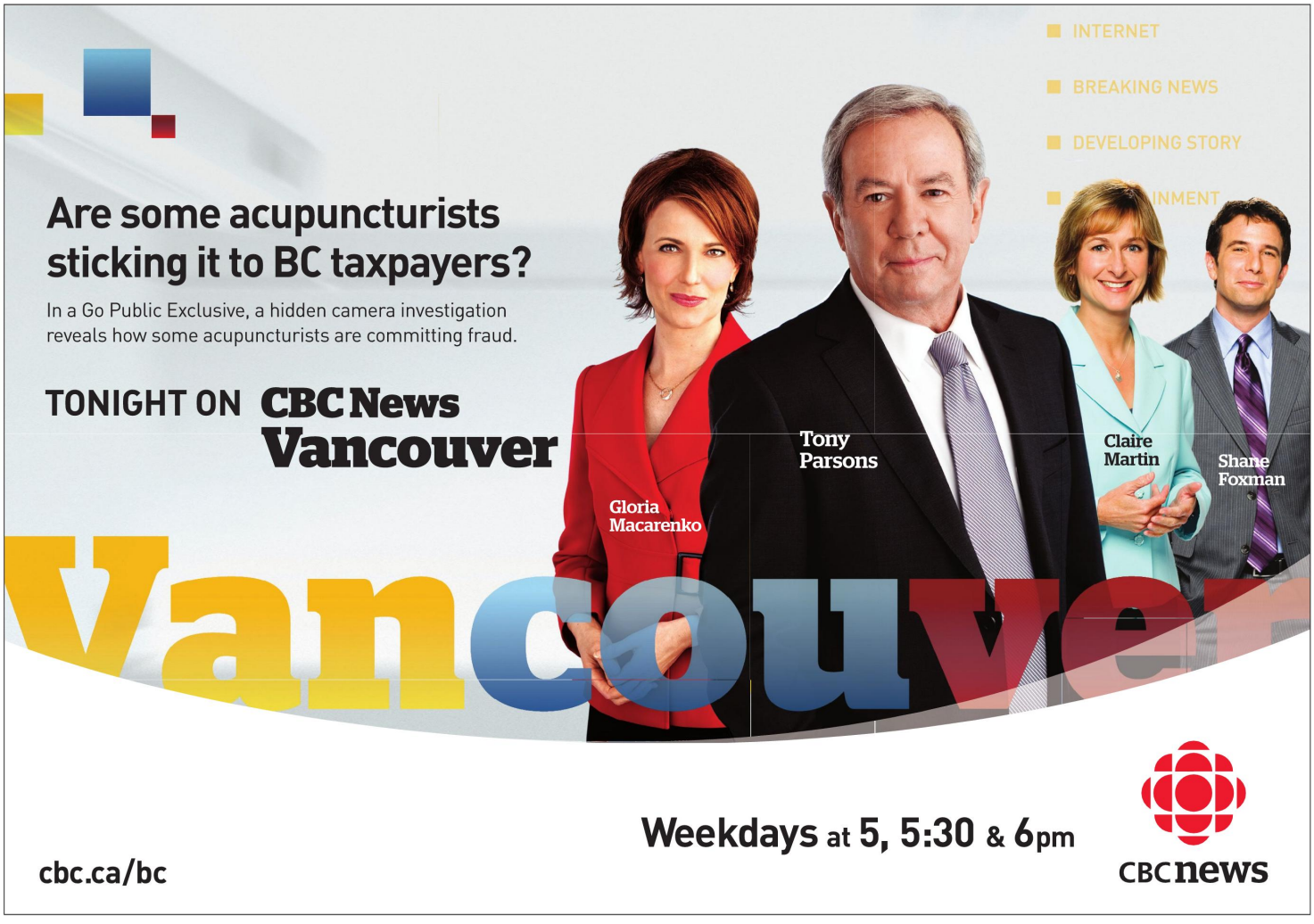
A former Mountie turned businessman, Boston Pizza chair Jim Treliving stars on CBC's Dragons' Den. The new season premieres tomorrow at 8 p.m.

What's with the name?
The reason (the family that started it) picked it is that the person who lived upstairs was named Bill Boston and Bobby Orr had just signed with the Boston Bruins.

How did you get involved?
I got involved in 1968. I was an RCMP officer stationed in Edmonton. You get opportunities in your life and that was one of them.

What advice would you give yourself if you were starting out in business?
I would make sure I did my homework and was really completely sold on what I was getting into.

JEFF HODSON



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SFU arts paints its new future

The 125,000-square-foot facility is home to a professional-calibre film soundstage and two 25-seat screening rooms The province contributed almost $50 million of the school's $81.5-million price tag

JEFF HODSON
@METRONEWS.CA

Simon Fraser University's brand-spanking-new Contemporary Arts school is envisioned as a place where dancers and filmmakers will rub shoulders with visual artists and theatre students.

"It's quite a unique department," said Owen Underhill, director of SFU Contemporary Arts and SFU Woodward's, which opened earlier this month.

"Dance, film, music, theatre and visual art are all under one department. Students experience a lot of collaboration and this is the vision behind the building."

There are six public performance venues, including the 420-seat, dividable Fei and Milton Wong Experimental Theatre, as well as dance and theatre studios, a soundstage and film-production spaces.

The school, which is home to 400 full-time students, is holding an open house this weekend. Guided tours and a slate of performances are planned (visit sfuwoodwards.ca).

Michael Boucher, director of cultural development and programming at SFU Woodward's, said the whole building is designed to lead to a "confluence" of ideas.

"I think this will give us a big profile boost and I expect we'll be able to draw students from across the country, more than we have so far."
OWEN UNDERHILL, DIRECTOR OF SFU CONTEMPORARY ARTS AND SFU WOODWARD'S

"This will be a place where we bring in the leading edge of professionals from around the world," Boucher said.

He noted that the project was about 11 years in the making and was possible because of the height lenience that allowed the developer to push the Woodward's tower to 44 storeys.

Owen said the new facility is a far cry from their previous location atop Burnaby Mountain. Those facilities, which included dilapidated portables, were ranked second-worst in the province, he added.

"A lot of great work happened there, but this is light years apart from where we came from. We went from the bottom to the top."

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JEFF HODSON/METRO VANCOUVER

▶ A dance class at SFU Contemporary Arts school at the Woodward's development yesterday.

Suspected drunk driver hits Mountie

Less than an hour before B.C. adopted Canada's toughest drinking and driving laws, a suspected impaired driver hit a Maple Ridge Mountie.

"This is somewhat ironic in that the new anti-drinking and driving laws were about to be implemented after midnight," said RCMP Insp. Derren Lench said. "This incident clearly shows that we need these new tougher laws."

The officer was not seriously hurt.

SARAH N. FITZGERALD

News in brief

Man in hospital after shooting

MAPLE RIDGE. A man was rushed to hospital with life-threatening injuries after being shot early yesterday morning in Maple Ridge. RCMP say the victim was targeted.

SARAH N. FITZGERALD

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Man to blame caffeine in murder defence

Defendant tested negative for amphetamine-type substances shortly after the killing: Prosecutor

A Kentucky man accused of strangling his wife is poised to claim excessive caffeine from sodas, energy drinks and diet pills left him so mentally unstable he couldn't have knowingly killed her, his lawyer has notified a court.

Woody Smith, 33, is charged with murder in the May 2009 death of Amanda Hornsby-Smith, 28.

Defence lawyer Shannon Sexton filed notice with the Newport court of plans to argue his client ingested so much caffeine in the days leading up to the killing that it rendered him temporarily insane — unable even to form the intent of committing a crime.

Smith told Dr. Robert Noelker, a psychologist from Williamstown hired by the defendant, he remembers taking his children to school that morning.

But Smith remembers little else about the ensuing hours.

In the weeks preceding May 4, 2009, Woody Smith told Noelker he hadn't been sleeping, in part out of fear his wife would take their two children and leave him.

"The next several hours of Mr. Smith's life were described to me as if he were in a daze," Noelker wrote in a report.

THE ASSOCIATED PRESS

Caffeine defence

- **Precedent** A legal strategy invoking caffeine intoxication is unusual but has succeeded at least once before, in a case involving a man cleared in 2009 of charges of running down and injuring two people with a car in Washington state.
- **Medical diagnosis** Dr. Roland Griffiths, a professor of behavioural biology at Johns Hopkins University, has noted in a study that there is a diagnosis for "caffeine intoxication," which includes nervousness, excitement, insomnia and possibly rambling speech.

UN. Maternity

▶ A woman holds her newborn child after being discharged from a government maternity hospital in Katmandu, Nepal.

GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

UN to address fatal pregnancies

In Nepal and across the world are success stories in the battle against maternal mortality. But as the UN hosts a summit this month to review progress in easing the world's humanitarian crises, it faces a troubling reality: Hundreds of thousands of pregnant women still die unnecessarily every year.

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The long swim from test tube to dinner plate

If FDA approves genetically engineered fish, it would be a first for U.S. government ◗ Critics fear human allergies and decimated wild populations

Genetically engineered salmon that grows twice as fast as the conventional fish appears to be safe, an advisory committee told the U.S. Food and Drug Administration yesterday. They argued, however, that more testing may be needed before it is served on U.S. dinner tables.

The panel was convened by the agency to look at the science of the fish and make recommendations on its safety and environmental impact.

Ron Stotish, chief executive of the Massachusetts company that created the salmon, AquaBounty, said at yesterday's hearing that his company's fish product is safe and environmentally sustainable.

FDA officials largely have agreed with him, saying that the salmon, which grows twice as fast as its conventional "sisters," is as safe to eat as the traditional variety. But they have not yet decided whether to approve the request.

The advisory committee agreed with the FDA that the company has presented compelling evidence that the fish is safe. But some members noted misgivings about the data, saying many of the sample sizes were too small.

It is still unclear whether the public will have an appetite for the fish if its marketing were to be approved.

THE ASSOCIATED PRESS

How'd they do it?

- AquaBounty has added to its salmon a growth hormone from a Chinook salmon that allows the fish to produce growth hormone all year long.
- The engineers were able to keep the hormone active by using another gene from an eel-like fish called an ocean pout.

SEASON PREMIERE
RICK MERCER REPORT
Rick reports from the Canadian Pavilion in Shanghai. He had to go that far to avoid the census debate.
cbc.ca/mercerreport
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BARRETT & MACKAY/GETTY IMAGES

▶ This photo shows the difference in size between AquaBounty's genetically engineered salmon, background, and a conventional Atlantic salmon of the same age.

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Sweden gets a reality check

Far-right surge shatters image as immigrant haven

A far-right group's election breakthrough has shattered Sweden's self-image as a bastion of tolerance, somehow inoculated against the backlash on immigration seen elsewhere in Europe.

Sunday's ballot showed the country's welcome to refugees is not universally accepted: nearly six per cent of the population voted for a nationalist group that accuses immigrants — especially Muslims — of eroding Sweden's national identity and its cherished welfare state.

FREDRIK SANDBERG/AP PHOTO/SCANPIX SWEDEN

▶ Jimmie Akesson, Sweden Democrats

It's a bitter pill for a nation that frowned upon Denmark's vitriol toward Muslim immigrants, Swiss attempts to ban minarets and France's crackdown on Gypsy camps.

"The banner of tolerance has been hauled down and the forces of darkness have finally taken the Swedish democracy hostage," the Expressen tabloid wrote.

Hardening attitudes toward immigrants have helped radicals gain influence in other western European countries.

THE ASSOCIATED PRESS

Swimming. Achievement

▶ Phillipe Croizon, a Frenchman whose arms and legs were amputated, holds a French flag during a press conference in Wissant, northern France, yesterday.

MICHEL SPINGLER/THE ASSOCIATED PRESS

Crossing the Channel

Phillipe Croizon crossed the English Channel over the weekend using leg prostheses with flippers attached. Croizon, 42, had expected the crossing to take 24 hours, but instead it took 13 and a half.

Air India bomb maker accepts fate

Convicted bomb maker Inderjit Singh Reyat didn't flinch when he heard the word "guilty" in court Saturday, nor when a judge said he'd be held in custody pending a sentencing hearing for a perjury conviction. His third conviction could be the last chapter in the Air India saga. THE CANADIAN PRESS

19

The Crown accused Inderjit Singh Reyat of lying 19 times to minimize his involvement in the bombings.

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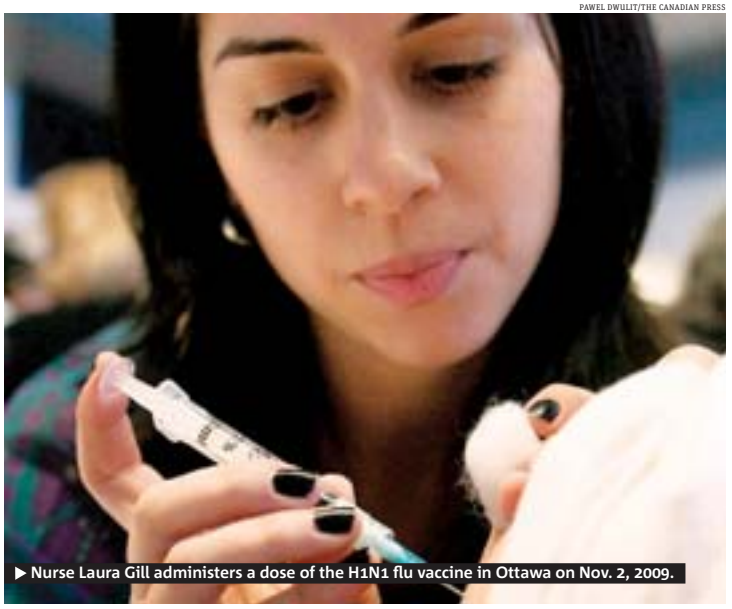

▶ Nurse Laura Gill administers a dose of the H1N1 flu vaccine in Ottawa on Nov. 2, 2009.

Flu shot linked to lower heart attack rates

Earlier vaccination appears more protective than later flu shot H1N1 shot not included in testing

Getting a seasonal flu shot may not only prevent influenza — it may also stop some people from having a heart attack, new research suggests.

In a study of almost 79,000 patients at 379 family practices in England and Wales, researchers found annual flu vaccinations were associated with a significant drop in the rate of a first heart attack.

"Flu vaccination is obviously given to prevent flu and complications of flu where you may need hospitalization," said lead author Dr. Niroshan Siriwardena, a family practitioner and a researcher at the University of Lincoln.

21%

Getting inoculated between September and mid-November was associated with a 21 per cent reduction in the heart attack rate.

"But now the findings suggest there's an additional benefit in terms of reduction of heart attacks," he said.

The 2001-2007 study found that influenza vaccination within the previous year was associated with a 19 per cent reduction in heart attacks, while a flu shot in the current season was linked to a 20 per cent drop.

Researchers looked at almost 79,000 patients aged 40 years or older, of whom 16,012 had had a heart attack.

Although the study points to a link between the flu shot reducing heart attacks, Siriwardena cautioned the findings do not prove cause and effect.

THE CANADIAN PRESS

CIVIL LAWSUIT

NHLer hit me, B.C. man claims

A man who says he was wearing a Montreal Canadiens jersey when he was punched in the face by Toronto Maple Leaf centre Mikhail Grabovski has filed a civil suit against the player.

Dylan Richardson and his wife, Brenna, allege in the suit that they were assaulted by Grabovski in a brawl in Vancouver during the 2010 Vancouver Olympics.

In the B.C. Supreme Court suit, filed Sept. 14, the Richardsons lay out a long list of injuries to Dylan.

The suit claims Dylan Richardson, an autobody finishing technician in nearby Langley, B.C., was in downtown Vancouver on Feb. 20 when Grabovski punched him in the face.

The suit alleges Dylan Richardson has suffered a head injury, multiple facial fractures requiring reconstructive surgery and other injuries.

THE CANADIAN PRESS

Atlantic prepares for storm

Newfoundlanders were being warned to prepare for possible flooding and power outages as hurricane Igor barrels north toward the province.

A tropical storm watch and heavy rainfall warnings calling for up to 150 millimetres were issued yesterday covering much of the province as a weakening Igor brushed past Bermuda.

THE CANADIAN PRESS

GETTING PERSONAL WITH PERSONNEL

She says ...

JESSICA NAPIER

Nothing spices up a boring work week like lusting after a good-looking cubicle mate.

Working in close proximity to a hunky colleague transforms a dull office environment into a flirtatious playground. And while some people might never get beyond innocent banter at the photocopier, there are more and more individuals turning their workplace crush into a full-blown romance.

Most of us spend 40-plus hours a week at work and, as a result, our offices have become the default place to meet potential partners. Mixing pleasure with business certainly has its benefits. Who wouldn't want a standing lunch date or an opportunity to indulge in a mid-week (hump-day) quickie in the conference room?

But is coupling off with a co-worker always a good idea? Of course not. Intra-office love affairs may have their perks but a convenient fling could turn into a major career faux pas if you're not careful.

"Intra-office love affairs may have their perks but a convenient fling could turn into a major career faux pas if you're not careful."

Before you take your office crush to the next level, brush up on the company's official policy when it comes to employee relationships. Is there something specific about this in the HR handbook or is it just "frowned upon?" Make sure you have a clear understanding of the consequences before you risk your career for a tryst with a sexy desk buddy.

Regardless of whether there are formal rules against it, entering into a relationship with a co-worker requires some serious consideration.

If you do decide to begin dating, be sure to exercise some discretion around your co-workers. Then again, you have to realize that while you might try to keep it a secret initially, your colleagues will inevitably find out. When they do, you'll have to be ready for your private life to become hot gossip for the office rumour mill.

Ultimately, it's up to you to determine if the pros outweigh the cons when it comes to an after-hours romance. A serious love affair might be worth the trouble but a casual fling, while sexy and convenient, probably won't justify the potential fallout. Think about it — do you really want to spend eight hours a day working with your ex?

Sure, when it's good it might be really good — but if it all goes horribly wrong, you just might need to quit your job. Breakups are bad enough, but when you simultaneously lose a relationship and a paycheque the results can be devastating.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Story sparks outrage

Letters & Tweets

Re: Group defends accused men (Sept. 20)

VANCOUVER. I read (this story) and I was quietly outraged. The fact that nine of 11 in the (Facebook) group were women ... (leads me to think) that those women (also) fear becoming victims. (But) blaming the victim (only) encourages the (accused) indirectly. I personally do not want to read such disturbing news, but this is something we need to work on. **REINA TAKAMATSU**

VANCOUVER. These young people need to get a grip on morality. When six or seven boys/men (allegedly) rape a 16-year-old girl (and) pictures of their deed are posted for the world to see, there is no possible excuse to defend their actions. If this Facebook group had a modicum of decency, they would know better than blaming the victim. **EMMANUEL LEMAL**

Re: When crime doesn't feel like crime (Sept. 20)

VANCOUVER. The unfortunate victim of this crime must not be spoken of as though she is broken and ruined for life: "Who was once witty and beautiful." With the loving support of her family and friends, she can grow up and have a normal and fulfilling life, being her witty and beautiful self. **OWEN THOMAS**

Don't blame the victim

THE CANADIAN PRESS FILE

What was your favourite game as a child? Why?

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Metro Minute with Jacky Essombe

Give your TV a break tonight and head to Granville Island for an evening of drumming and dance — all in support of education projects in Africa. The fundraiser features a special performance by dance group Jacky Essombe Village, headed by Cameroon-born, Vancouver-based dancer and radio host Jacky Essombe.

African Nights Vancouver runs from 7-10 p.m., and includes food and a silent auction. Sponsors include Rose Charities Canada, Stand Tall Education and ASOLATE — the Association For Youth Literacy And Trades Education. Tickets are $25 for students and $30 for adults. For more information, visit africannights.ca. **KRISTEN THOMPSON**

CONTRIBUTED

▶ Vancouver dancer Jacky Essombe.

Google tightens email security

Hackers to deal with six-digit code after password

Google is making it tougher for computer hackers and other imposters to break into email accounts and other password-protected services.

An additional security measure introduced yesterday will require typing a six-digit code after an account holder's Google password is entered. The codes will be sent to people's mobile phones.

The two-step login means it will take more than a password to get into an account. After logging in, users can ask Google to remember that their identity has been verified on that device and security codes won't be required to get into the account again.

The system is similar to that employed by some banks for online account access. The extra protection initially will be offered to companies and government agencies subscribing to a Google service that provides email and other office applications.

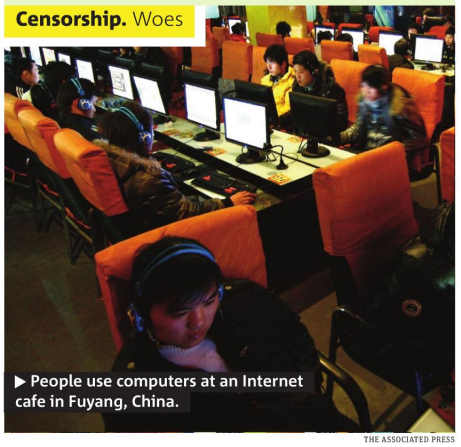
People using Google's free Gmail service will be able to make the security codes part of their login process within the next few months.

THE ASSOCIATED PRESS

Smarter phones

Mobile security Google has created a free security app for Apple's iPhone, RIM's BlackBerry and phones running Google's Android software.

Censorship. Woes



▶ People use computers at an Internet cafe in Fuyang, China.

THE ASSOCIATED PRESS

Google targets China

Google is hiring dozens of marketing and technical employees in China to defend a shrinking market share against local rivals after closing its Chinese search engine six months ago over censorship issues.

Market moment

PRICES AS OF 4 P.M. YESTERDAY

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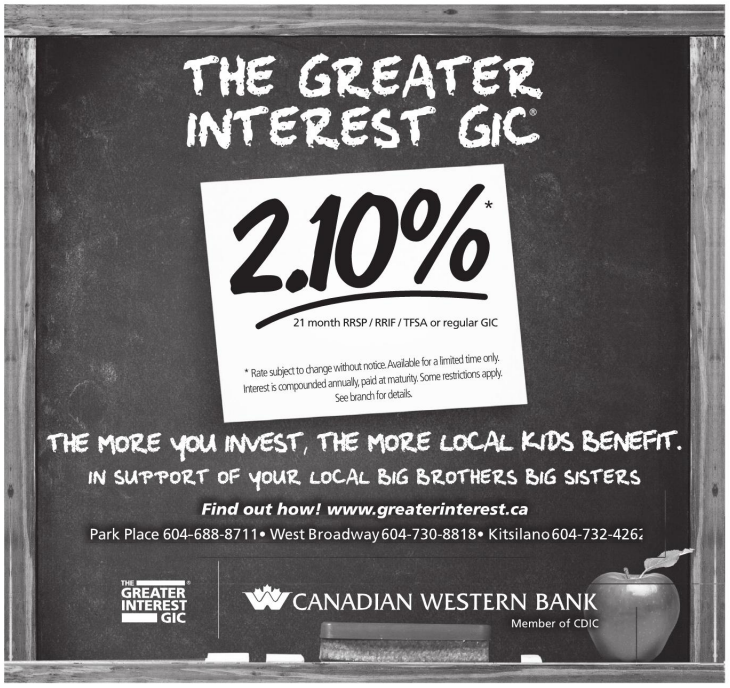
1 Google's name is a play on the word googol, which refers to the number 1 followed by 100 zeroes.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2 scene

In brief

Paris Hilton acknowledged yesterday that she had cocaine in her purse and pleaded guilty to two misdemeanour charges stemming from her arrest last month at a Las Vegas hotel-casino. She will serve a year of probation and must complete a drug abuse program.
THE ASSOCIATED PRESS

Stevie Wonder urges UN diplomats to pass treaty for helping the blind or face his musical wrath

Will Fox's hit TV musical turn grimmer in its sophomore season? On-campus crisis, new students and football coach bring new sensibility to Glee

HANDOUT PHOTO

▶ Fox's own high school musical Glee is back for its second season.

Golden Glee back for more

Glee returns for its sophomore year with a new football coach, two new ear- and eye-catching students, and an identity crisis for big man on campus Finn.

There's also something of an identity crisis for Fox TV's hit series as trouble comes fast and furious for the McKinley High glee club and its members in today's debut episode.

"Let's show them how down we are," says glee club director Will Schuester (Matthew Morrison), challenging his students to stage a number that will persuade others to join the club branded as a way station for losers.

Instead, the hour itself verges on being a downer. Will goes to the dark side with cheerleading coach Sue Sylvester, Rachel's self-absorption becomes ickier and, most unsettling of all, a molestation accusation is played, literally, with a wink.

But there's still joy to be had in the series that was nominated for a best comedy Emmy Award, losing last month to Modern Family, as the glee clubbers make the most of Empire State of Mind and Lea Michele, as Broadway-bound belter Rachel, owns (no surprise) What I Did for Love.

There's also the introduction of two fresh-faced students with singing chops: an exchange student with a big smile and bigger voice (played by teenage pop star Charice, whose fan club includes Oprah Winfrey); and a golden-boy athlete (Chord Overstreet of iCarly, with cuteness of Justin Bieber dimensions).

Can they help McKinley's New Directions, which last year fell short at the regional competition, make it to the nationals in the Big Apple and defeat arch rival Vocal Adrenaline? Maybe.

The other McKinley newcomer is a female gridiron coach with a winning record, who quickly proves a formidable rival for Cheerios chief Sue (Emmy-winner Jane Lynch).

Coach Shannon Beiste wants the school budget to put football ahead of cheerleading. That won't do for Sue, who enlists Will in a plot to undermine Beiste (an effective Dot Marie Jones).

In its first year, Glee neatly combined music, edgy humour and coming-of-age poignancy. As long as pain doesn't eclipse the show's charm, Glee viewers will have something to sing about as the season unfolds.
THE ASSOCIATED PRESS

Best of Glee

Some of the main characters from the Fox show Glee:

▶ THE FACULTY
Sue Sylvester (Jane Lynch): Head coach of McKinley High's cheerleading squad and "arch nemesis" of the glee club.
William Schuester (Matthew Morrison): McKinley High's Spanish teacher who becomes director of the glee club.

▶ THE STUDENTS
Rachel Berry (Lea Michele): One of the key members of the glee club.
Artie Abrams (Kevin McHale): The club's resident "nerd" who uses a wheelchair due to a spinal cord injury from a car crash.
Finn Hudson (Cory Monteith): School football star who draws a lot of flak for joining the glee club.

▶ Lady Gaga

Lady Gaga rallies for change in gay policy

Lady Gaga wants Maine's Republican senators to cast votes this week to help repeal the military's "don't ask, don't tell" policy on gays.

The Grammy Award-winning pop singer will attend a rally organized by Servicemembers Legal Defence Network on Monday in Deering Oaks Park, near the University of Southern Maine's Portland campus.

Lady Gaga is expected to stand alongside veterans who were discharged because of the policy, which prohibits service members from revealing if they're gay, the group said. The policy also bars military recruiters from asking about people's sexual orientations.

A proposal to repeal the "don't ask, don't tell" policy is attached to the defence authorization bill, which Democrats will try to bring to a vote this week.

Democrats need 60 votes today to cut off debate and proceed to the bill, again putting Republican Sens. Olympia Snowe and Susan Collins of Maine in the role of casting what could be deciding votes in the Senate, said Trevor Thomas, spokesman for Servicemembers Legal Defence Network.

"We need the support of Collins and Snowe and the best way to get it is to be able to be in their backyard," Thomas told The Associated Press.

Lady Gaga recently called on Senate Majority Leader Harry Reid to repeal the policy during an interview with Ellen DeGeneres. Gaga is known for her catchy hits, including Bad Romance, Paparazzi and Poker Face.
THE ASSOCIATED PRESS

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

In the days of bore

Robin Hood
Genre: Action
Director: Ridley Scott
Stars: Russell Crowe
●●

The swash buckles under the weight of heavy verbiage in Ridley Scott's well-intended but weakly executed retelling of the ancient woodland hero legend.

The avowed point of this umpteenth version of Robin Hood is to get back to basics, just as the James Bond franchise did so spectacularly with Casino Royale.

Indeed, Scott's vision is so down and dirty, his Robin (an unconvincing Russell Crowe) has to be told to take a bath at one point, because he smells so badly.

But it's hard to be simple when the characters are hobbled by Brian Helgeland's leaden screenplay, which clumsily combines historical fact about cross-Channel antagonism and British domestic concerns about excessive taxation and human rights with the almost complete fiction of Robin Hood and his romancing of Lady Marion.

Helgeland puts great gobs of exposition into the mouths of the actors while advancing the story at a snail's pace. Despite a running time of 2 hours and 20 minutes, the film ends at the point where Robin Hood is given his full name and recognition.

The film is entirely back story, spending almost as much time building up Lady Marion (Cate Blanchett) as it does illuminating Robin's growth from abandoned child into the rebel challenger of cruel British monarch King John (Oscar Isaac).

Depending on which package you purchase, extras include the unrated director's cut, deleted scenes and making-of featurettes.

PETER HOWELL

The Secret In Their Eyes
Genre: Foreign
Director: Juan Jose Campanella
Stars: Ricardo Darin, Soledad Villamil
●●●●½

This riveting police thriller from Argentina, the Best Foreign-Language Film winner at the most recent Academy Awards, is more macho than a bullfighter's stance.

Juan José Campanella's film begins in 1999, but there are extended flashbacks to a 1974 crime investigation.

A quarter-century after his crime-busting heyday, retired investigator Esposito decides he wants to write a novel about an unresolved Buenos Aires rape-murder case that still haunts him.

There may have been a travesty of justice.

As Esposito pours over clues new and old, they traverse dark alleys that bear the figurative flat footprints of a Popeye Doyle or Frank Serpico.

PETER HOWELL

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The anatomy of a gangster

In HBO Canada's new period drama, Boardwalk Empire, Steve Buscemi portrays politician/rum-runner Nucky Thompson in Prohibition-era Atlantic City

The actor, creator Terence Winter and director Martin Scorsese break down the man

AMBER RAY
amber.ray@metro.us

"We wanted to think outside the box from the real Nucky," Winter says of casting the character. "If we wanted to cast a physical archetype, Jim Gandolfini sort of resembled him. But, you know, Marty (Scorsese) and I said, 'Let's forget about what the guy looked like and let's just look for the most interesting choice.'"

"There's something that's very, very strong on the camera with Steve as a character," Scorsese adds.

"(Nucky) likes being a politician, and he likes being a leader," says Buscemi. "He is presented with this opportunity now with Prohibition, and you're either on the trolley or you can be put six feet under."

"He's a pragmatist, too," adds Scorsese. "He's practical. He's put in the position of being a treasurer. Yet the treasurer runs the city in a sense, and ultimately ... you make a deal. You figure out how much sin you can live with."

"(Nucky) certainly has a dark side, but there's certainly a lot of humor that goes along with it," says Buscemi. "I think he genuinely has a good heart and that he wants to — I mean, I believe that he generally wants to share the wealth and ... see people prosper. I'm sure part of that was also getting reelected, but I have to believe that there's something in him that wants to do good."

Steve Buscemi as Enoch "Nucky" Thompson

Quoted

"There was so much going on in 1920 — Prohibition, women's voting rights, broadcast radio began, it was a presidential election year. The world was changing."

TERENCE WINTER, EXPLAINING WHY HE WANTED TO DO A SERIES ON THE PROHIBITION

Tune in

Boardwalk Empire airs Sunday night on HBO Canada.

'Empire' plot

The real Nucky

"In Atlantic City there was this guy who ran the town — (Enoch) Nucky Johnson, who we fictionalized as Nucky Thompson — who's just this great character, this chameleon who is equal parts beloved politician and gangster," explains Terence Winter, a writer on The Sopranos who translated the 2002 book Boardwalk Empire: The Birth, High Times, and Corruption of Atlantic City into the new series for HBO. "Nucky ran the city, and the fact that he was treasurer was even more interesting to me — he wasn't even the mayor, he was the guy behind the guy, basically, but he was 'the man.'"

ABC casts for advice columnist

No longer wanting to simply offer viewers news and a little entertainment, Good Morning America now wants to dispense some advice.

ABC's morning show said yesterday it is starting a nationwide search for a "21st-century advice guru" who can offer perspective on vexing family or professional problems.

The new advice expert, who would dispense answers on the air and through the show's website, is akin to a Dear Abby for TV, said Jim Murphy, executive producer of GMA. The show is accepting applications and will turn its search into part of the show, he said.

He's not sure who will be interested in the full-time job, whether there are people with television experience or ambitious newcomers or some combination of both.

"It would be just awesome if some fabulous high-school guidance counsellor gets a break like this," Murphy said.

Applicants will be asked to write a 300-word essay on what makes them right for the job and answer a series of advice questions that will be posted on the show's website.

Murphy said he hopes to have the new person on board for the beginning of next year.

He said the job would fill a niche at network morning shows and also help Good Morning America establish its online presence, where the advice guru would write a regular column taking questions from viewers.

In a promo, ABC promises that "this isn't just some contest. This is a real job search."

THE ASSOCIATED PRESS

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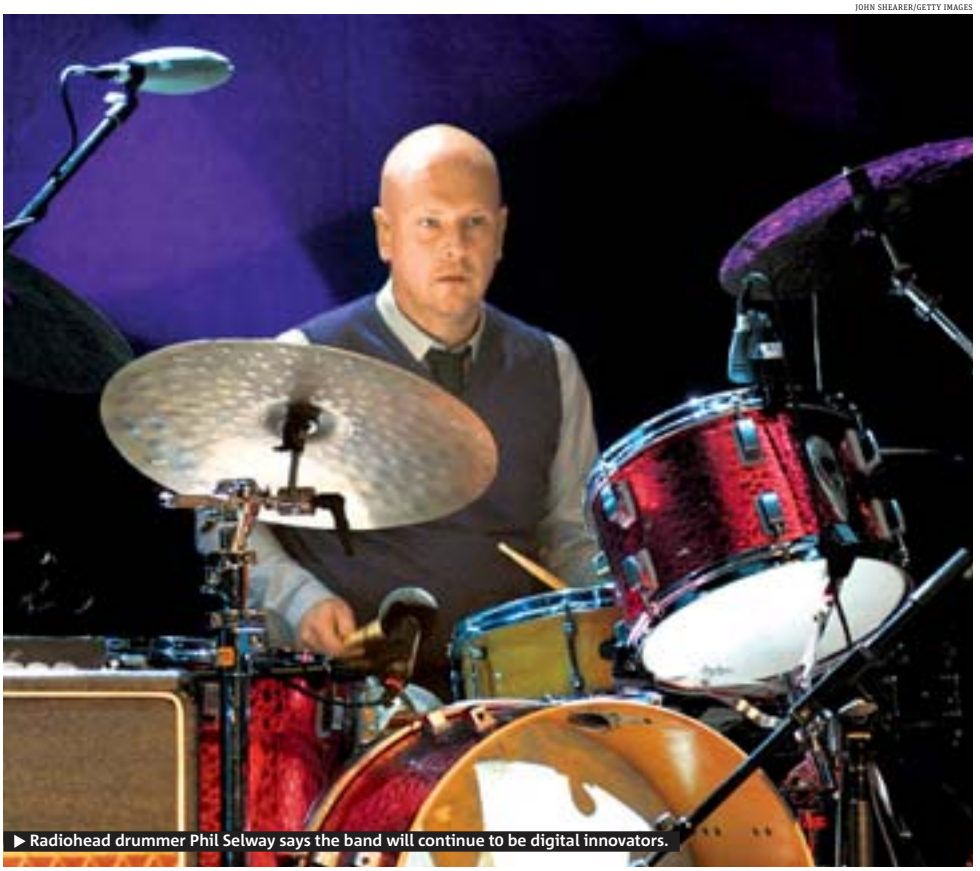
How do you follow Rainbows? Ask Selway

Radiohead are still trying to figure that out. But they've got some ideas ...

JOHN SHEARER/GETTY IMAGES



Radiohead drummer Phil Selway says the band will continue to be digital innovators.

Radiohead is heading back to the studio in a week's time to "take stock'' of new material and assess when — and how — it should be released to the world.

Drummer Philip Selway told The Canadian Press the band will regroup next Monday to determine how close the followup to In Rainbows is to being ready.

"We've been working on material on and off for a year now and we've had the summer off, so yes, we're basically taking stock on Monday and seeing what we need to do with the material to move it to those final stages,'' Selway said in a telephone interview from Amsterdam on Monday.

"We're just returning to it with fresh ears and taking stock of where we are and how close we are to finishing stuff, really, and we won't know till Monday.''

The band is working on the eagerly anticipated followup to its seventh album, In Rainbows, which sent shock waves through the music world in 2007 when it was first released digitally online, through the band's own website, and at an indeterminate "it's up to you'' price. The band also streamed a free concert to fans months later on New Year's Eve, and Selway hinted the band might have some more digital or online plans up its sleeves — although he wouldn't say what exactly.

"Whatever we do with any record, it always has to come from the music we've made, whatever we release, and because we're not at that stage at the moment — we haven't finished anything — we don't know how or what's the most appropriate way for getting it out there,'' he said.

"Then again, you look at the track record of what we've done over the past decade in that area and I suppose, you know, it's probably a safe bet to say there'll be something in there somewhere along the line.''

While In Rainbows was largely shaped by extensive touring and live experimentation with the songs, Selway said that won't be the case with the new project.

"Uh, no,'' he said laughing.

"I don't know what we'll be doing but the process of making In Rainbows — so much came about through what we were doing live — has been quite the opposite so far. But you never know, we might get back together on Monday and after discussing stuff we might just throw this all out and say maybe we need to go back to the drawing board. Who knows, as I say, it's all up in the air at the moment.

"But we've been enjoying what we've been doing.'' THE CANADIAN PRESS

Coupland, Urquhart on Giller long list

The Imperfectionists — Tom Rachman's buzzy debut novel about the decline of the newspaper industry — has made the long list for the $50,000 Scotiabank Giller Prize.

Since the New York Times gave the book a lavish front-page review in the spring, the Vancouver-raised author has become one of the most talked about figures in publishing.

Other high-profile authors whose books made the short list of 13 books are: Jane Urquhart for Sanctuary Line, David Bergen for The Matter With Morris and Douglas Coupland for Player One.

Bergen won the Giller in 2005.

The prize jury — made up of broadcaster Michael Enright, author Claire Messud and writer Ali Smith — selected 13 titles out of 98 books submitted by 38 publishers. The winner will be revealed Nov. 9. THE CANADIAN PRESS

The rest

Thirteen titles were chosen for the long list:

- **Joan Thomas** Curiosity
- **Michael Helm** Cities of Refuge
- **Alexander Macleod** Light Lifting
- **Avner Mandelman** The Debba
- **Sarah Selecky** This Cake is for the Party
- **Johanna Skibsrud** The Sentimentalists
- **Cordelia Strube** Lemon
- **Dianne Warren** Cool Water
- **Kathleen Winter** Annabel

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PVRTweets

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@megelizah Katy Perry, she's too much fun

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Clooney misses the message

But it's loud and clear to girlfriend Elisabetta

George Clooney received a hero's welcome when he visited the tiny Italian hometown of girlfriend Elisabetta Canalis recently, according to People magazine, with crowds coming out to meet him and take photos. One of the residents of Trenuraghes even handed the star a baby to pose with.

"He looked rather awkward with the 7-month infant in his arms, but he posed politely and carefully handed the baby back," a source says. "One of the older women there shouted, 'Ora tocca a te!' ['It's your turn now!']. Clooney obviously didn't understand, but everyone turned to look at Elisabetta. She simply smiled."

METRO

▶ George Clooney and Italian girlfriend Elisabetta Canalis

Celebrity tweets

Russell Brand [@rusty rockets] Thanks for your sweet messages of support. After the tips I picked up in chokey I'm an infinitely more proficient criminal.

Lily Allen [@lilly roseallen] Apparently there is a brand new Playstation Move waiting for me at my office in the morning. Tres exciting !!

Ice-T [@FINALLY LEVEL] On the way out to the Hamptons to visit my ballin friends house.. Daily Game: You don't need a yacht.. You need a friend with a yacht.

Courtney Love [@Courtney LoveUK] everyone was a baby!

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Talking points

Has Seacrest found his idol?

DANCING. Ryan Seacrest is reportedly ready to propose to Julianne Hough, according to Popeater. "Things are really heating up between them," a source says. "We have never seen him like this before.

For the first time ever, he is taking a second away from work. We never thought he would ever meet anyone he liked as much as he does working, but now he has."

And Seacrest isn't the only one sold on the Dancing with the Stars star. "Ryan's parents adore her," another source says.

"She is smart, beautiful and funny but even more important, she has made their son happy. Now, they are just waiting for him to pop the question. Which could be any day now."

METRO

Sandra getting out

PARTYING. Sandra Bullock seems to be enjoying being single again, as the Oscar-winner was spotted partying at Los Angeles gay bar the Abbey recently, according to X-17.

Bullock, who split from Jesse James earlier this year after his cheating came to light, was seen dancing and celebrating with a clutch of friends — including several shirtless men.

METRO

Usher just doesn't have the time

THINKING. Usher admits that between his hectic career and being a father, there isn't a lot of time left for dating.

"I don't have a lot of time for a relationship," the singer tells Live magazine.

"Do I date? Yes. I meet and greet, exchange and connect. So to speak. I don't have sex with everybody I date. Intimacy changes everything. When sex is part of the conversation then there is a sense of entitlement for that woman."

METRO

Vedder gets married

WEDDING. Pearl Jam frontman Eddie Vedder married longtime girlfriend Jill McCormick in Hawaii over the weekend, according to Us Weekly. They wed before about 70 guests, including Sean Penn. Vedder, who propsed to McCormick last year while in Washington D.C. for the Kennedy Center Honors, already has two daughters with his new bride.

METRO

Arrest warrant issued for Lohan

A Beverly Hills judge has issued an arrest warrant for Lindsay Lohan after the actress failed a drug test.

The 24-year-old has been ordered to appear in court Friday and is now facing possible jail time for violating her probation.

Officials at Los Angeles County Superior Court say a bench warrant was issued Monday for Lohan. However, authorities say Lohan won't be taken into custody pending the court hearing Friday.

Lohan confirmed on her Twitter page last week that she failed a court-ordered drug and alcohol screening.

A judge had threatened her with 30 days in jail for each probation violation.

Meanwhile, Matthew Wilder, director of Lohan's planned comeback film Inferno, is "stunned" by the news of the failed drug test. "Hopefully we can work this out and we are still trying to get to the bottom of what has happened," he tells Radar Online.

THE CANADIAN PRESS

Lindsay Lohan

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3 life

What to buy

WebMD listed these foods for healthy hair:

- Salmon
- Dark green vegetables
- Poultry
- Eggs
- Whole grains
- Oysters
- Low-fat dairy products
- Carrots

CELIA MILNE

Spiriva as good as Serevent for asthma; Glaxo declines to donate drug for study

ISTOCK PHOTO

▶ Always read the ingredients before buying a shampoo.

Don't use it if you can't spell it

▶ What to look for in a shampoo ▶ Expert warns against 'organic' claims ▶ Recommends always reading the ingredients to know what's in it

CELIA MILNE
WELLNESS@METRONEWS.CA

It may smell like a sea breeze, but does your shampoo harbour nasty chemicals?

If you're longing for purity, you're not alone.

There are safer, simpler hair care products out there, but how do we find them?

"As a general rule," says Janelle Witzel, program manager of Toxics and Health at Environmental Defence, "people should look for products made with the fewest number of ingredients and those made with ingredients that have names they can understand."

Ergo, citric acid good; sodium hydroxymethylglycinate bad. Labels can be misleading, says Witzel.

"Claims or names that include 'natural,' 'eco' or 'organic' on the front of the bottle should always be verified by looking at the ingredient list on the back."

A word of warning: safer, healthier shampoos often cost more than mainstream ones. You may be able to find out more about your shampoo by visiting cosmeticsdatabase.com, which ranks the safety of personal care products on a scale of one to 10. It is a U.S. site.

Picking up on the purity trend, The Body Shop now offers its Rainforest Hair Care Collection, which is free of silicones, colourants, and parabens. This line of shampoos and conditioners is non-toxic and biodegradable.

Avoid these

We asked Janelle Witzel from Environmental Defence (ED) — an organization that protects human health — to alert us to some of the ingredients we should avoid when buying shampoo.

- **Sodium laureth sulfate and sodium lauryl sulfate:** These are lathering agents. Sodium lauryl sulfate is a known skin irritant and suspected liver toxin. Sodium laureth sulfate, like other chemicals that have "eth" in their name (e.g., polyethelene glycol -- or PEG), may be contaminated with 1,4-dioxane, a chemical which is suspected of causing cancer.
- **Cyclomethicone and siloxanes (e.g., cyclotetrasiloxane, cyclopentasiloxane, or cyclohexasiloxane):** Substances that make things shiny and are suspected of interfering with the hormonal system. They also irritate the skin, eyes, and lungs, and can stick around in the environment for a long time.
- **Fragrance/Parfum:** Often contains some phthalates to help scents last longer. Phthalates are a group of man-made chemicals that disrupt the hormonal system, and can cause infertility and birth defects of male reproductive organs.
- **Triclosan:** An antimicrobial/antibacterial agent that can weaken the immune system, disrupt the hormonal system, and convert to chemicals known to cause cancer.

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Bringing eye health into focus

Why taking your child to see an optometrist annually for a routine eye exam is a must Not detecting vision problems at an early age can lead to a lifetime of difficulties for them

Children's eye health is generally overlooked by Canadian parents with nutrition and socializing ranked higher priorities.

Evidence shows that the majority of Canadian parents wouldn't be able to detect if their child had an eye or vision problem. Moreover, only four per cent of parents surveyed by Leger Marketing would immediately think that difficulties in school could be linked to poor eye sight.

Optometrists at routine eye examinations can detect vision and eye health issues which if left undetected could cause lasting problems, potentially affecting other areas of a child's life. The Canadian Association of Optometrists encourages parents to take their children as young as six months for an eye exam and has the following tips for parents:

• 20-20 vision doesn't necessarily mean healthy eyes. Research shows 98 per cent of Canadian optometrists have detected vision problems in children despite parents' claims of 20-20 vision.

▶ Make your child's eye health a priority from a young age.

• A common misconception is that children need to be able to read in order to have their eyes checked. In fact, the Canadian Association of Optometrists recommends eye exams in infants by six months, at age 3, and annually from ages 5 to 19.

• Be alert for signs that your child could have a vision problem. If your child is losing his or her place while reading, rubbing his or her eyes or performing below his or her potential in school then take your child to their optometrist for an eye exam.

For more information on what to look for, visit opto.ca

An eye examination will include:

• A review of your child's health and vision history

• Tests for nearsightedness, farsightedness, astigmatism, and focusing ability.

NEWS CANADA

FOOT SOLUTIONS
better health through your feet

30 Steps to Better Foot Health

Meet your feet 1
The human foot is a delicate assembly of 26 bones — a quarter of all the bones in your body. It has 20 individual muscles, 33 joints, and more than 80 ligaments and tendons. So you gotta take care of 'em.

Size matters 2
Feet get bigger over time (a factoid a fourth grader can probably tell you), but they can also shrink if you lose weight. Have your feet measured periodically - and ideally, have your footwear custom-fitted.

For Steps 3 - 30 & to learn how to take good care of your feet please visit us at
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NEW NORDIC

The Man Who Made the Whole Town Lose Weight

In the small town of Alesund in Norway, many of its residents began eating a common plant that made over 1,500 of them lose weight! It all began in 2006 when a customer of Johnny Pettersen, a local health food store owner, asked him for advice on how to eliminate sugar cravings.

"I gave my customer mulberry leaf tablets because mulberry is known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. And it worked very well. I started recommending mulberry to many customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leaves also lead to lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories."

The 10-day diet

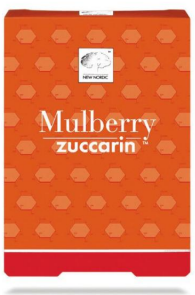
When Pettersen increased the dosage, recommending two mulberry tablets before each meal, he found that his customers not only controlled their sugar cravings, but also lost significant amounts of weight.

"I recommended that customers follow the programme for a minimum of 10 days in order to eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a 'sugar high' if they want to stay slim. Taking mulberry leaves, my customers changed to a healthier diet without even noticing it — they simply didn't crave sugar."

1500 people lost weight

After the success of the first customers, word travelled fast. In the last 12 months Pettersen has worked with over 1,500 customers in Alesund and the surrounding area. He feels that his simple and natural mulberry formula has been a tremendous success.

He concludes, "Once my customers try mulberry leaves, they come back, often with friends and family, and buy several packages. It is rewarding because I see them coming back happy, healthy and slimmer."



Approved by Health Canada NPN# 80017544

MULBERRY - A BREAKTHROUGH!

For centuries, the Japanese culture, which is known for having a long life and a slim, healthy physique, has enjoyed the benefits of mulberry leaves. We now know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

Available at participating pharmacies and health food stores:
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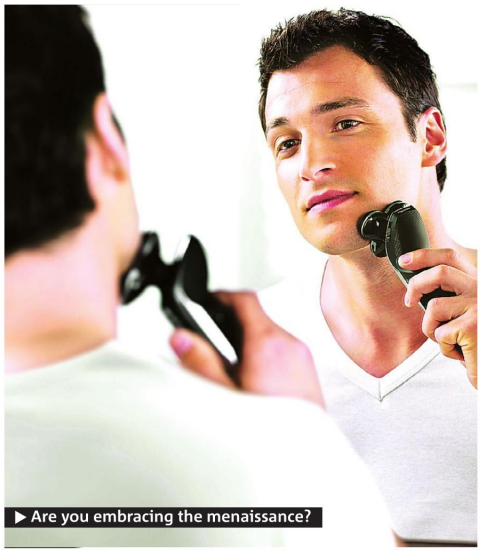
No longer metro

Manscaping: From metrosexual to mainstream

ISTOCK PHOTO



▶ Are you embracing the menaissance?

Today's modern man is at the forefront of a revolution. As the scales of work and domestic responsibilities become more balanced, more men are taking an active role in choosing their wardrobes, toiletries and personal care products. The trend is quickly moving from metrosexual to mainstream.

The shift, or menaissance, is happening in surprising numbers. If you're not sure you, or the guy you love, can reap the rewards of this revolution, the following habits might shed some light:

Shopping

Male scent products are on the rise and manicure and pedicures shops are not just a female domain anymore. Increasingly targeted toward males, manufacturers are producing high quality, male-oriented products for the marketplace. Whether it's fedoras or man bags, men are jumping into the realm of beauty and fashion, and making their own decisions.

Shaving

Manscaping has become a household term and men have shelved the old single blade razor for premium quality shaving products — like Philips SensoTouch 3D electric shavers that can be used wet or dry, and contour, flex, tilt and pivot for a flawless look. There are also vacuum beard trimmers to help them keep their bathrooms clean and their beards at a perfect length.

Saving

Men are comparison shopping for products on the basis of price and quality, whether it's online or in stores.

That said, regular guys are happy to spend money on products that will help them achieve a great look. With more and more regular guys trading in the corner barbershop for salon inspired cuts, it's time we all embrace this cultural menaissance.

NEWS CANADA

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Healthy hair: Strand SOS

Nutritionist Michelle Kingston helps us with the Top 4 hair problems and how to treat them with nutrition.

1. **Dry and brittle.** Add flax seed oil, nuts, seeds and oily fish to your diet.
2. **Greasy.** Vitamin B2 is the most important vitamin to help greasy hair and food sources are fish, milk, eggs and leafy green vegetables.
3. **Hair loss.** Supply plentiful amounts of the building blocks for hair by increasing your intake of protein and iron each day.
4. **Dandruff.** Remove junk food and saturated fats from your diet.

Fall food equals comfort

ROSE REISMAN
FOOD@METRONEWS.CA

As fall approaches we have to take advantage of the fresh seasonal produce available. Roasted fall vegetables and a delicious pork tenderloin fits the bill. Serves six, enjoy!

Preparation:

Baked root vegetables with maple syrup and cinnamon

1. Preheat the oven to 425°F. Line 2 baking sheets with foil and coat with cooking spray.
2. Arrange the sweet potatoes, potatoes, squash, onion, parsnips and beets in a single layer on the lined baking sheets. Lightly coat with cooking spray. Bake in the centre of the oven for about 25 to 30 minutes, turning after 20 minutes or just until browned and tender. If the trays are on separate racks, switch their positions halfway through the cooking time. Bake the beets an extra 10 minutes, or until fork tender. Place vegetables on a serving platter.
3. To make the dressing, whisk together the olive oil, vinegar, maple syrup and cinnamon in a small bowl. Pour the dressing over the vegetables. Garnish with parsley.

Orange-glazed pork tenderloin

1. Preheat the oven to 375°F. Line a baking sheet with foil coated with cooking spray.
2. To make the stuffing, combine the cranberries, walnuts, cinnamon, cloves and walnut oil in the bowl of a small food processor. Pulse on and off until the mixture is crumbly. Add the diced brie and pulse once or twice, just to combine.
3. Open the pork loin like a book and stuff with the fruit and nut stuffing. (If you would like to make this easier to roll, first pound the pork to a 1/4-inch thickness before stuffing.) Secure with either kitchen string or toothpicks. Set a large, nonstick grill pan or skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 or 3 minutes on each side. Place on the baking sheet and bake for about 20 minutes or until cooked to medium (until the meat reaches an internal temperature of 145°F). Wait for 10 minutes before slicing.
4. Meanwhile, prepare the glaze by combining the orange juice concentrate, jelly, vinegar, olive oil, orange zest and garlic in a small saucepan. Set over medium heat for 1 minute and drizzle over the sliced pork. Garnish with parsley.

Ingredients:

Bake root vegetables
- 1 lb sweet potatoes, unpeeled and cut into wedges
- 1 lb Yukon Gold potatoes, unpeeled and cut into wedges
- 1 lb butternut squash, peeled and cut into 2-inch pieces
- 1 large sweet yellow onion, cut into 8 wedges
- 2 large peeled parsnips, cut into 2-inch pieces
- 2 peeled beets, cut into 1-inch pieces

Dressing
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 Tbsp maple syrup
- 1/2 tsp cinnamon
- 1/4 cup chopped parsley

Glazed pork
- 1 1/2 lb pork tenderloin, butterflied

Stuffing
- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie cheese

Glaze
- 2 Tbsp orange juice concentrate
- 2 Tbsp red currant or black currant jelly
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish
- 3 Tbsp chopped parsley

ADVERTISING FEATURE

Quality milk delivers quality cheese

Creamy, sharp, smooth, delectable… adjectives roll off your tongue the moment Damafro's cheese touches it.

With its varied selections like brie and camembert tempting customers across Canada, this Quebec-based company is proving that local ingredients can produce world-class taste. All it takes is know-how, along with the best ingredients like Canadian milk.

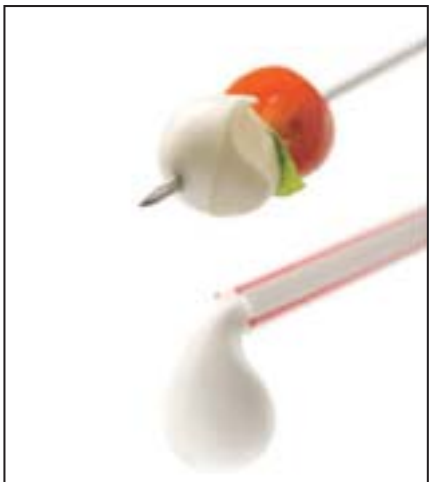
"The 100% Canadian Milk symbol is our label of quality," explains Philippe Guérineau, Damafro's Marketing Manager. "It underlines our commitment to producing the best cheese you can eat, because, as you can see, we're using the top ingredients available."

Damafro's cheeses, which bear the 100% Canadian Milk symbol, are made with the utmost care—and always with safety in mind. The Damafro plant is located in Saint Damase, almost in the middle of Quebec's small but agriculturally rich Montérégie region. Every day it takes deliveries of raw milk from some 100 dairy farms speckled across Montérégie, and that milk must meet a high standard before it becomes part of the company's products.

"We dedicate one section of our plant to deliveries," says Philippe. "Traffic to and from that section is very limited. Any piece of equipment used there is marked with a red symbol, so if we see a red-marked object outside that area, we know it must be cleaned and sterilized before it's returned. We even have our employees change in and out of red clothing, to ensure there is no outside contamination."

With precautions like these in place, it all comes down to the milk itself. In addition to testing for contaminants, Damafro also checks for an ideal balance of fat, sugar, and protein, which is essential for its cheese-making process. There is no room for second-best. As Philippe says: "Great cheese needs great milk. And Canadian milk is the best there is."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk



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Sometimes you don't need any cute animals

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

I'm not sure if the winemakers of Australia are looking for a theme song, but just in case they are let me suggest Oasis' Where Did It All Go Wrong?

A decade or so ago the Aussies were the kings of varietal labelling (supplementing the grape names with cute and quirky animal imagery) and captured the palates of the world with their boozy, up-front fruited wines.

Today sales are slipping thanks in no small part to a knee jerk reaction to critter labels (now everything on the shelf looks the same) and some major homogony in flavour (i.e. too many taste the same).

The 2007 Ringbolt Cabernet Sauvignon ($21.99 - $25.43) is another unique red that shows of the individuality Australia can offer.

This is some killer juice with plenty of well wooded black berry fruit that's extremely steak friendly.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Fruit roll-ups: A kid-friendly lunch-box treat

These simple-to-make roll-ups are a good after-school snack or lunch box treat. They include fresh or frozen blueberries, apples and zucchini.

THE CANADIAN PRESS

▶ Fruit Roll-Ups.

Ingredients:

- 125 g (4 oz) cream cheese, softened
- 15 ml (1 tbsp) each cinnamon and honey
- 5 ml (1 tsp) grated lemon rind
- 500 g (1 lb) frozen whole wheat pizza dough, thawed
- 500 ml (2 cups) shredded apples, squeezed dry
- 500 ml (2 cups) shredded zucchini, squeezed dry
- 250 ml (1 cup) blueberries (if frozen, do not thaw)

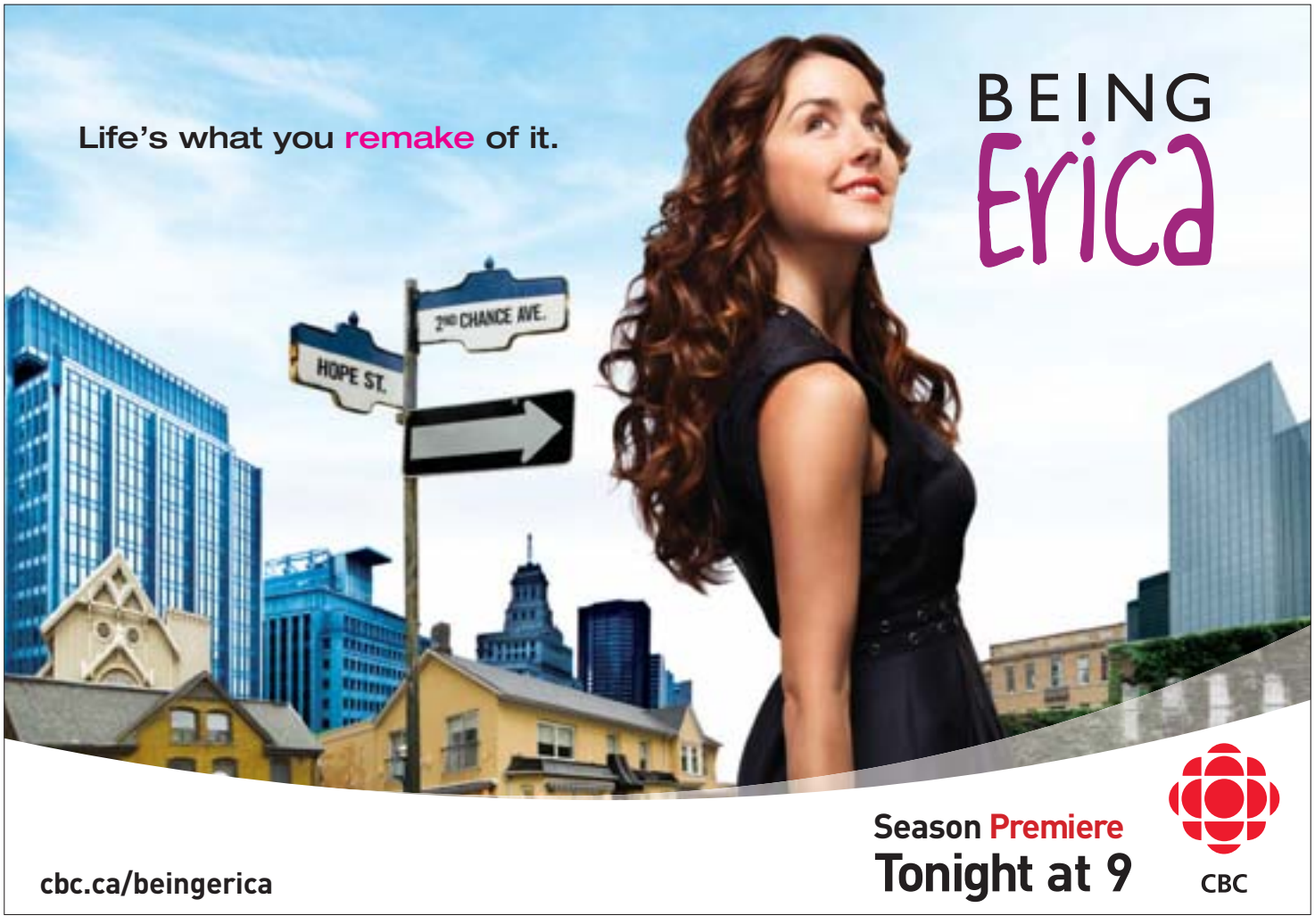
Topping

- 50 ml (1/4 cup) honey

Fruit Roll-Ups Preparation:

1. In a small bowl, combine cream cheese, cinnamon, honey and lemon rind until smooth; set aside.
2. On a lightly floured surface, roll out pizza dough to a rectangle measuring 35 by 30 cm (14 by 12 inches) that is 5 mm (1/4 inch) thick.
3. Spread with cream cheese mixture. Top evenly with apples, blueberries and zucchini. Starting at long side, roll up, pressing firmly so dough is snug around filling and gently smoothing roll to even thickness. Cut into 12 pieces. Place, cut side down, in buttered 3.5-l (13-by-9-inch) baking pan.
4. Bake in a 230 C (450 F) oven for 25 minutes or until golden brown.
5. Topping: Drizzle with honey while hot. Serve immediately.

THE CANADIAN PRESS



Things to do with your family this fall

The change in season brings a host of things you can do with your children

With school in full swing, kids may begin to reminisce of summer days of lazing around the house, enjoying a relaxed breakfast with mom and dad, splashing around the community pool, and building sandcastles at the beach.

But the change in season brings a host of fun things you can do with your children. Raise their spirits with these five fall activities:

1. Look at leaves — then jump in them. Visit a park or trail to admire the beauty of the red, orange, and yellow leaves. Let your children get messy as they jump into piles of leaves or have leaf fights.

2. Go apple-picking. Apples are prime for the picking in autumn. Bring your family to an orchard for an educational and enjoyable outing. Your children will learn about harvesting practices as they pick fruit and you can feel good about supporting your local farmers.

3. Bake something with pumpkin. Pumpkins are a great source of beta-carotene; vitamins C, K, and E; and lots of minerals like potassium, magnesium, and iron. Go online to find some kid-friendly pumpkin recipes that you and your children can try. Then enjoy your finished product — or better yet — share it with others.

▶ Visit a park or trail to admire the beauty of the red, orange, and yellow leaves.

4. Donate to charity or volunteer. Your local food bank may need an extra set of hands to pack and distribute canned goods from fall food drives. Teach your children about the importance of helping others by volunteering together. You can also encourage them to help children and families in need around the world by donating gift items like school uniforms and vegetable seed kits through Christian Children's Fund of Canada, an international development organization, visit ccfcanada.ca/GiftCatalogue.

5. Participate in community events. Look into your town's local listings for special festivals and events. Or make new friends by hosting a fall-themed neighbourhood potluck, complete with fun games for kids, like bobbing for apples or a scavenger hunt.

NEWS CANADA

ST. PATRICK'S DAY SPARKED RELATIONSHIP

How We Met: Kara & Matthew

Names: Kara, 23, and Matthew, 27

Hometown: Fort Saskatchewan, Alta.

Together since: 2007

Their story:

"I (Matthew)] am a land surveyor and in March 2007, I was working in my hometown for a couple of weeks, staying with my parents ... My sister and I decided to get some friends together for St. Patrick's Day.

"When I showed up at the house after work, I was surprised to see a beautiful (woman) there (Kara) — she was my sister's friend and I found out she'd be joining us for the night. We headed to Boston Pizza for some green beer and apps, and then hit up the town nightclub, which was pretty much deserted, so we all decided to play pool. Before long, I was paired up with Kara. We cleaned up at the table — there was definitely chemistry there!

"The following week, I called the salon where Kara worked to book a haircut, and we began dating right after that appointment.

"We now live together and, once in a while, I sit back and wonder how I got so lucky."

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▶ Kara and Matthews met on St. Patrick's Day.

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A remedy for health care

UBC offers EMBA in health care

RICHARD WOODBURY
FOR METRO VANCOUVER

Today's health care environment is a difficult one to be in.

With growing spending, long waiting lists for services and long waiting times at hospitals, health care managers and executives face a number of challenges in carrying out their jobs.

To ensure these people have the right tools and skills to address these challenges, the University of British Columbia offers an EMBA in health care through its Sauder School of Business.

"Unlike most other EMBAs, this program's focus goes beyond traditional leadership models and really extends itself into leadership and business acumen in the field of health care management," says Katherine Bright, Sauder's director of EMBA programs.

"It's not a traditional MBA with a little bit of health care slapped on it."

The program begins with a seven month 15-credit core foundation where students learn about essential business concepts, such as strategic management, operations and logistics and managerial economics.

Students must then complete 12 credits of required modules, three to six credits of electives, plus a three-credit executive project.

The program started in January 2008 and just admitted its third cohort of students this year.

The program can be completed in as little as 18 months, but most students opt for the 21-month option.

$183.1
The expected amount of spending in billions on health care in Canada in 2009, according to a Canadian Institute for Health Information report.

ISTOCK

▶ UBC's EMBA in health care ensures students have the skills to face Canada's health care system challenges.

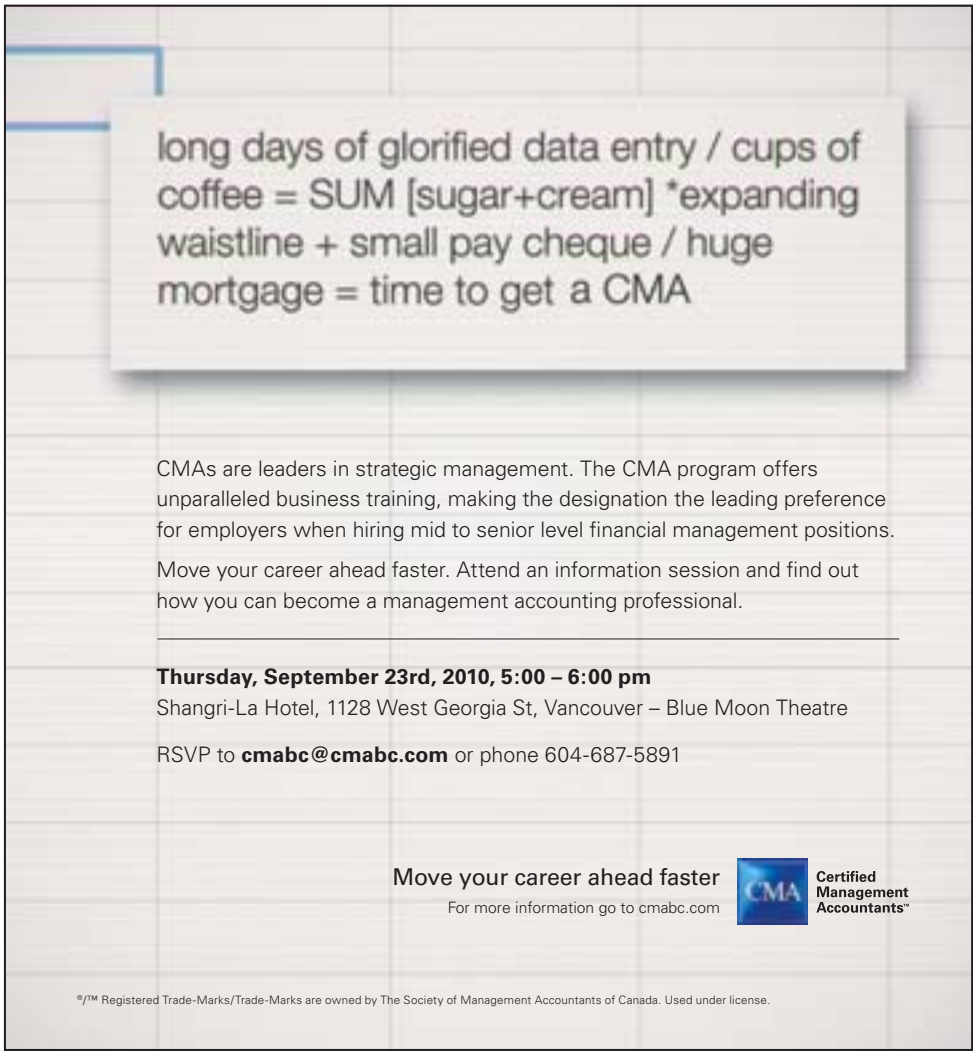
A student's take on the program

When Karin Olson attended a presentation of the Sauder School of Business's EMBA health care program, she knew she had found the right program.

"It was different from any other EMBA program," says the director of acute services at Lions Gate Hospital in North Vancouver. "The health care focus and providing the business tools within the health care focus was really what sold it for me."

Olson was in the program's first cohort of students which began in 2008.

RICHARD WOODBURY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Managing money

At Simon Fraser University, students help minimize financial risk

ERIC EMIN WOOD
FOR METRO VANCOUVER

As the business world becomes more specialized, students would do well to consider options like Simon Fraser University's master of financial risk management program.

"In the financial industry, you're exposed to risk," says Dr. Andrey Pavlov, the program's academic chair. "For example, if you're a bank you have to lend. If your borrowers get in trouble, you experience losses. You need someone in your organization to worry about those losses."

The courses are taught by industry professionals. Students learn "very specific and practical tools — computer programming languages and their applications to finance, all kinds of financial software — so they can go on the job and from day one start doing risk management work for an organization," Pavlov says.

They also have guest speakers, visiting traders and risk managers from around the world, every two weeks. "They tell our students how their day goes, down to the nitty-gritty details," Pavlov says.

The program is intense — students work 14 hours a day for 12 months, but employment rates are high. "Many people get multiple offers," Pavlov says.

"Half go to Asia, a good number go to New York, Toronto and London, and maybe 20 per cent stay in Vancouver."

For more information, visit business.sfu.ca/mfrm

"In the financial industry, you're exposed to risk. For example, if you're a bank you have to lend. If your borrowers get in trouble, you experience losses. You need someone in your organization to worry about those losses."
DR. ANDREY PAVLOV, SIMON FRASER UNIVERSITY

Putting theory into practice

Students who register in the financial risk management program get to practice what their instructors preach: They collectively manage a $9-million investment portfolio.

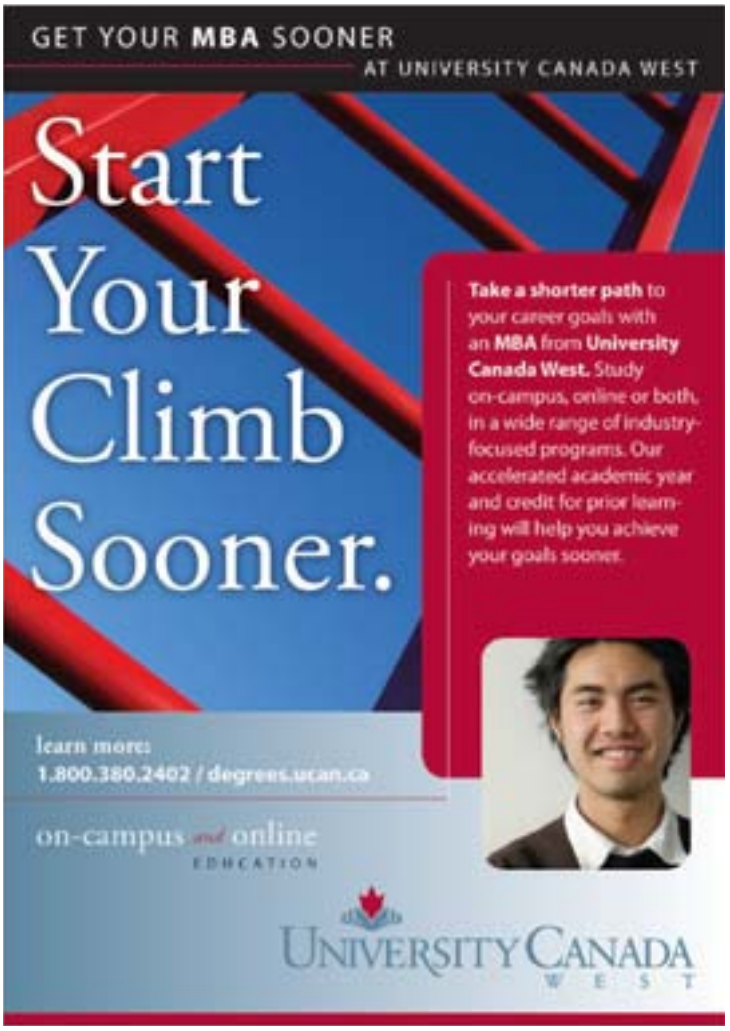
"It's a real portfolio, with real money, and the students have trading authority. It is the largest student-run fund in North America," says Pavlov.

Just like real life, students are divided into risk management and equity management (getting the fastest return possible) roles. They organize themselves, "with people taking care of equity, bonds, domestic, U.S, international, all of it. They make the decisions and. execute the trades. It's a tremendous experience," Pavlov says.

ERIC EMIN WOOD

ISTOCK

▶ SFU's Financial Risk Management program is intense — students work 14 hours a day for 12 months.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Going online

At these schools, you only meet your classmates on vacation time

ERIC EMIN WOOD
FOR METRO CANADA

For working professionals, earning your MBA by physically going back to school might not be an option. But registering online could be.

At Victoria's Royal Roads University, students begin with an intense three-week residence on campus.

They "pretty much interact with their colleagues 24 hours a day," says Dr. Pedro Marquez, dean of Royal Roads' faculty of management.

"By the time they leave, they know each other on a first-name basis." Students return to the school for another three weeks at the end of the 17-month program.

"Each coach is a professor with a PhD, as well as industry experience."
DR. DEBORAH HURST

At Alberta's Athabasca University, most courses are offered three times a year. Each course is divided into groups of 24 students, with each group taught by its own academic coach.

"Each coach is a professor with a PhD, as well as industry experience, so that they're able to bring that theory and practice together in a meaningful way," says Dr. Deborah Hurst, the program's director.

Like their counterparts at Royal Roads, Athabasca students must take at least one course — a five-day elective — on-site.

Some of these are held in overseas financial centres such as Sao Paolo, London, and Singapore, in addition to New York, Ontario and Alberta.

For more information, visit royalroads.ca or athabascau.ca

Online or in person?

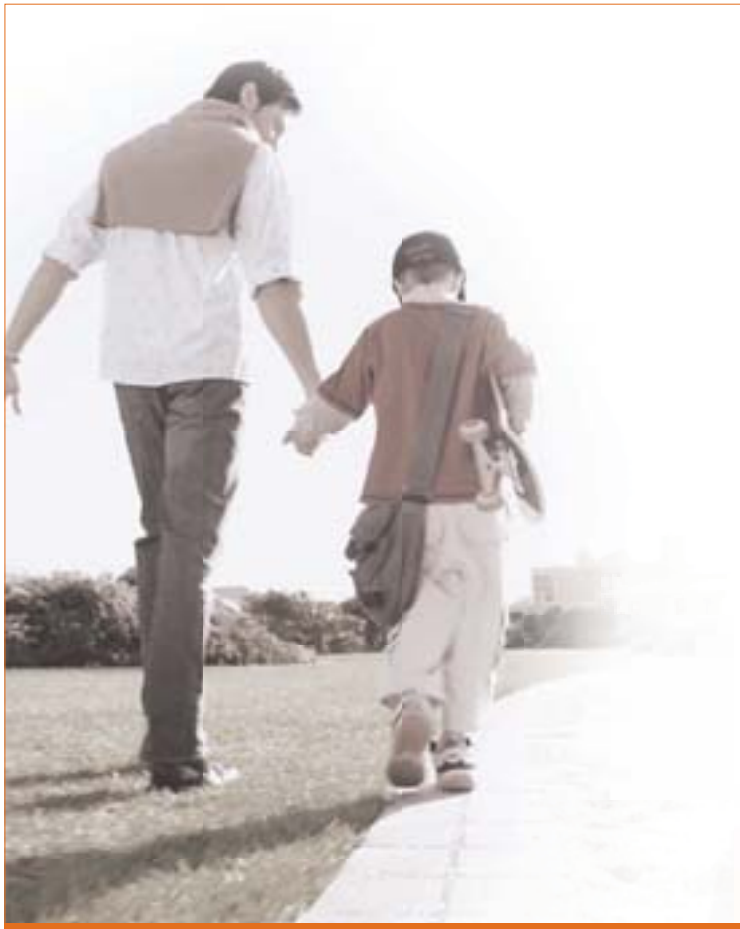
"If you can go back to school full-time, take it," says Marquez. "Many behavioural skills are very difficult to teach in an online environment." Hence Royal Roads' blended model.

However, online has its advantages. "It doesn't matter where you are geographically," says Hurst. Athabasca's instructors come from the UK, Germany, Austria, the US and Singapore in addition to Canada. "We're not limited by who can drop everything in their life and move here."

Students become used to connecting with international professionals, who often interact online anyway.

Another advantage is flexibility — Athabasca's students have five years to complete their degree.

ERIC EMIN WOOD



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Save more by starting early

New parents should consider investing as soon as possible

One of the first things that new parents or grandparents should do is to open an RESP (Registered Education Savings Plan) for their child.

When your life is focused on diapers, feedings and getting your infant to sleep through the night, university is not exactly top of mind. But, this is actually the ideal time to start saving. A report by TD Economics estimated that by 2027, the cost of a four-year undergraduate degree will be more than $100,000.

"If you start saving early, there are many tax and financial advantages on your side," says Carrie Russell, senior vice president at TD Canada Trust. "Like Registered Retirement Savings Plans, investment gains inside RESPs are tax sheltered and represent one of the best tax breaks out there — you end up with more money and pay less tax."

▶ The federal government's Canada Education Savings Grant program contributes as much as $7,200 over the life time of a child's RESP.

Here's how it works:

You open an RESP in your child's name and make contributions. The investment earnings in the RESP are sheltered, meaning you don't need to pay tax. When your child goes to post-secondary school, they can withdraw money as Educational Assistance Payments and that money is taxed at their rate. They are likely in a low tax bracket at that stage, so all the money from the RESP is subject to little or no tax.

The government will help:

The federal government's Canada Education Savings Grant program contributes as much as $7,200 over the lifetime of a child's RESP. The basic CESG contribution is 20 per cent of the first $2,500 contributed annually to an RESP, but the amount of the grant each year depends on your income level — lower household incomes benefit from increased support.

Get started:

To open an RESP you'll need a Social Insurance Number for your child. Then talk to your bank to find the right plan for you and determine a monthly contribution that fits your budget.

NEWS CANADA

The perils of the penniless masses

In today's world saving is an absolute necessity
Are you one of the 60 percenters?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

A Canadian Payroll Association survey notes that nearly 60 per cent of Canadians live pay cheque to pay cheque and admit they would be in financial difficulty if their pay pack arrived a moment later than expected.

I know what this is all about. No savings. More specifically, no emergency savings. Lots of people do have savings — group pension plans, RRSPs, RESPs but they're reluctant to tap that money if the washing machine breaks down.

Most financial planners advise employed homeowners with children to set aside three months of net income — six months for the self-employed. So, if you clear $32,000 annually you should have roughly $8,000 in an emergency account, twice as much if you're self-employed.

▶ Many Canadians live pay cheque to pay cheque.

"Good luck with that," you say. You're right. I'd settle for a single month.

Part of the reason to save is to protect from job loss but also to cover out-of-the-ordinary expenses. Typically, when you're living pay cheque to pay cheque those unexpected expenses slide over to credit cards, credit lines, overdrafts or buy now pay later plans.

Interest rates/ Savings accounts

BANK	RATE
CIBC	0.70%
HSBC	0.85%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

I find this is often a financial tipping point for a family. A large debt goes on the credit cards and suddenly you feel like there's a noose around your neck getting tighter all the time.

Unfortunately, there are only two ways to solve this problem; make more money or cut spending. For most the latter is the only practical way to break the pay cheque to pay cheque cycle.

The good news here is that 60 per cent of those surveyed said they were trying to save more money. All you folks get a 10. For the rest of you there is some serious remedial work ahead. Next week I'll motivate the sluggards with some 10 saving tips and tricks.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

WATCH FOR WEAK SPOTS

Everyone has a financial weak spot. For me, it's books. When I walk through my favourite rickety old book shop, I smell the insight fused into the books, which rest on dilapidated wooden shelves. My senses are overwhelmed and impulse takes over — $40 and two masterpieces later, I've caved to the temptation.

Can you afford your financial weak spot? Satisfying an impulse to buy something you don't need can be dangerous; increased spending often leads to unnecessary bad debt. According to a recent report by the Certified General Accountants Association of Canada released in May 2010, Canadian household debt continues to rise. Today, Canadians collectively owe $1.4 trillion, which is 2.5 times greater than in 1989 and if it were spread evenly among all Canadians, each person would owe $41,740.

Good debt, like a mortgage or investment loan, is used to purchase assets which grow in value. In moderation, good debt is okay and it typically has a lower interest rate. Bad debt, a.k.a. consumer debt, often incurred through impulse buying, doesn't help you grow your assets. Car loans and credit cards fall into this category.

Bad debt is like a ball and chain around your ankle. It's restrictive. So, try to avoid it and get rid of it fast. First; remove the temptation to spend. Don't go the car show if you're likely to buy a new car when the old one still works. Take your name off promotional lists (email, mail and telephone). Reduce your available consumer credit. Have only one credit card and line of credit, each with a manageable limit.

Second, pay off bad debt fast. Don't incur additional debt while tackling the existing. Negotiate and/or consolidate debt to get lower interest rates and a manageable payment plan. Focus on paying the highest interest debt first because it costs the most. Try to cut out a few coffees and lunches each week so you can pay a little more – even $20 extra makes a difference.

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4 sports

Football. Saints go marching on

▶ Reggie Bush and David Thomas of the New Orleans Saints celebrate after Bush scored a touchdown against the San Francisco 49ers last night. Bush was helped off the field later in the game with an undisclosed injury.

REUTERS

New Orleans moves to 2-0 with tight win over San Francisco

Garrett Hartley kicked a 37-yard field goal that barely fluttered through as time expired after Drew Brees set it up with a 30-yard completion to Marques Colston and the New Orleans Saints spoiled the San Francisco 49ers' home opener with a 25-22 victory last night. Frank Gore of the 49ers ran for a seven-yard touchdown with 1:19 to play and Vernon Davis made a close-call catch at the goal line for the tying two-point conversion. The play was initially called no good, but the 49ers (0-2) challenged the ruling and won. The Saints improved to 2-0 on the year.

THE ASSOCIATED PRESS

Quoted

"I'm not going to step out on the field until I actually feel 100 per cent. Right now, it's tight. I can feel that it's tight. Once I don't feel that tightness anymore, that's when I'll get out on the field."

JETS CORNERBACK DARRELLE REVIS, ON HIS STRAINED LEFT HAMSTRING

"With hamstrings, you really can't tell. Could he play in nickel situations? Is it best to rest him the whole time? We've got to be smart with this one."

JETS COACH REX RYAN

Scan code for more sports

Making the grade

With training camp over, Canuck players face their final test in exhibition games
Vancouver opens eight-game pre-season schedule today against the Calgary Flames

School is over, now the final exams begin.

The drills and scrimmages during a three-day training camp gave the Vancouver Canuck coaching staff a chance to evaluate talent and school new players on the team's systems.

The grading on who makes Vancouver's roster will be made during the Canucks' eight exhibition games. It's a chance for a rookie to show he belongs or a veteran to convince coaches he can contribute another year.

"Exhibition is how they really evaluate who has a spot or if someone is coming in to steal someone's job," said defenceman Shane O'Brien. "Exhibition may not be the most fun time of the year for guys, but it's a time where you have to go out and play your game and treat it like a regular season game.

Game time

▶ The Canucks play their first exhibition games today against the Calgary Flames. Half the team will play in Calgary, while the other half will face a group of Flames at the Rogers Arena in Vancouver.

"On a team which has as much depth as we have, no one is safe. I know a lot of guys are looking forward to showing what they've got."

Veteran centre Brendan Morrison, who is attending camp on a tryout contract, said game speed is the true test of a player's hockey intelligence.

"You can look tremendous in practice, look like you are head and shoulders above everyone else," he said. "But when the puck drops, and you have to think a little, it's a whole different scenario."

The Canucks ended their camp at the South Okanagan Events Centre yesterday with a scrimmage that attracted a large crowd. Coach Alain Vigneault was pleased with what he saw over the weekend.

"I liked our focus and our work ethic," he said.

"Hopefully we have prepared them to play hard and play well."

THE CANADIAN PRESS

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
New York	91	59	.607	—	—	4-6	W-1	50-25	41-34
Tampa Bay	89	60	.597	1½	—	5-5	L-2	46-29	43-31
Boston	83	67	.553	8	6½	5-5	L-1	43-33	40-34
Toronto	75	74	.503	15½	14	3-7	L-1	39-33	36-41
Baltimore	60	90	.400	31	29½	7-3	W-2	34-43	26-47

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Minnesota	90	60	.600	—	—	7-3	W-1	50-25	40-35
Chicago	79	71	.527	11	10½	2-8	L-7	40-34	39-37
Detroit	76	74	.507	14	13½	6-4	W-4	48-28	28-46
Cleveland	62	88	.413	28	27½	5-5	L-2	32-42	30-46
Kansas City	61	88	.409	28½	28	4-6	L-1	34-40	27-48

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	83	65	.561	—	—	8-2	L-1	48-26	35-39
Oakland	75	74	.503	8½	14	6-4	W-2	45-30	30-44
Los Angeles	73	76	.490	10½	16	7-3	W-1	38-34	35-42
Seattle	57	92	.383	26½	32	2-8	W-1	35-42	22-50

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	90	61	.596	—	—	9-1	W-8	49-27	41-34
Atlanta	86	65	.570	4	—	6-4	L-1	52-23	34-42
Florida	74	75	.497	15	11	4-6	W-1	36-39	38-36
New York	74	76	.493	15½	11½	5-5	L-3	44-30	30-46
Washington	62	88	.413	27½	23½	2-8	L-4	35-37	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	85	66	.563	—	—	5-5	W-1	45-30	40-36
St. Louis	77	72	.517	7	8	4-6	L-1	46-28	31-44
Houston	73	77	.487	11½	12½	6-4	W-2	41-37	32-40
Milwaukee	69	80	.463	15	16	4-6	L-2	36-39	33-41
Chicago	68	81	.456	16	17	8-2	W-6	33-42	35-39
Pittsburgh	51	98	.342	33	34	4-6	W-3	36-39	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	84	66	.560	—	—	6-4	W-1	45-30	39-36
San Diego	83	66	.557	½	2	4-6	L-1	42-32	41-34
Colorado	82	67	.550	1½	3	7-3	L-1	51-24	31-43
Los Angeles	73	77	.487	11	12½	4-6	W-1	42-33	31-44
Arizona	59	91	.393	25	26½	2-8	L-3	35-40	24-51

AMERICAN LEAGUE

Last night's results
Detroit 7 Kansas City 5
N.Y. Yankees 8 Tampa Bay 6
Baltimore 4 Boston 2
Minnesota 9 Cleveland 3
Oakland 3 Chicago White Sox 0
Texas at L.A. Angels
Sunday's results
Boston 6 Toronto 0
Baltimore 4 N.Y. Yankees 3 (11 ings)
L.A. Angels 6 Tampa Bay 3
Kansas City 6 Cleveland 4
Oakland 6 Minnesota 2
Seattle 2 Texas 1
Detroit 9 Chicago White Sox 7 (11 ings)
Tonight's games
(All times Eastern)
Kansas City (Chen 10-7) at Detroit (Galarraga 4-6), 7:05 p.m.
Tampa Bay (J.Shields 13-12) at N.Y. Yankees (P.Hughes 16-8), 7:05 p.m.
Seattle (French 4-5) at Toronto (Rzepczynski 1-4), 7:07 p.m.
Baltimore (Bergesen 7-10) at Boston (C.Buchholz 16-7), 7:10 p.m.
Cleveland (Carmona 12-14) at Minnesota (S.Baker 12-9), 8:10 p.m.
Chicago White Sox (Buehrle 12-11) at Oakland (Cahill 16-7), 10:05 p.m.
Texas (C.Lewis 11-12) at L.A. Angels (E.Santana 16-9), 10:05 p.m.

NATIONAL LEAGUE

Yesterday's results
Florida 4 St. Louis 0
Philadelphia 3 Atlanta 1
Houston 8 Washington 2
Cincinnati 5 Milwaukee 2
Sunday's results
Atlanta 6 N.Y. Mets 3
Chicago Cubs 13 Florida 3
Pittsburgh 4 Arizona 3
Philadelphia 7 Washington 6
Houston 4 Cincinnati 3
St. Louis 4 San Diego 1
San Francisco 9 Milwaukee 2
L.A. Dodgers 7 Colorado 6 (11 ings)
Tonight's games
(All times Eastern)
Atlanta (Minor 3-1) at Philadelphia (Halladay 19-10), 7:05 p.m.
Houston (Happ 6-2) at Washington (Lannan 8-7), 7:05 p.m.
St. Louis (Westbrook 2-3) at Pittsburgh (Maholm 7-15), 7:05 p.m.
N.Y. Mets (Pelfrey 15-9) at Florida (Mendez 1-1), 7:10 p.m.
San Francisco (M.Cain 12-10) at Chicago Cubs (Zambrano 9-6), 8:05 p.m.
Cincinnati (Volquez 3-3) at Milwaukee (Bush 7-12), 8:10 p.m.
Colorado (De La Rosa 8-4) at Arizona (J.Saunders 2-6), 9:40 p.m.
San Diego (Richard 12-8) at L.A. Dodgers (Billingsley 11-10), 10:10 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
Tampa Bay	89	60	.597	-
Boston	83	67	.553	6.5
Chi White Sox	79	71	.527	10.5

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	86	65	.570	-
San Diego	83	66	.557	2.0
Colorado	82	67	.550	3.0
St. Louis	77	72	.517	8.0
Florida	74	75	.497	11.0

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	11	8	3	0	344	250	16
Hamilton	11	6	5	0	270	286	12
Toronto	11	6	5	0	237	293	12
Winnipeg	11	3	8	0	291	290	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	11	9	2	0	396	245	18
Saskatchewan	11	7	4	0	321	304	14
B.C.	11	3	8	0	276	295	6
Edmonton	11	2	9	0	200	372	4

Friday's game
(All times Eastern)
Montreal at Winnipeg, 8 p.m.
Saturday's games
Saskatchewan at Hamilton, 6:30 p.m.
B.C. at Calgary, 9:30 p.m.
Sunday's game
Edmonton vs. Toronto (at Moncton, N.B.), 12 p.m.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS
Through Sept. 19

1. Denny Hamlin, 5,230 points; 2. Clint Bowyer, 5,195; 3. Kevin Harvick, 5,185; 4. Kyle Busch, 5,168; 5. Jeff Gordon, 5,155; 6. Kurt Busch, 5,144; 7. Jimmie Johnson, 5,138; 8. Carl Edwards, 5,135; 9. Greg Biffle, 5,122; 10. Jeff Burton, 5,118.

11. Tony Stewart, 5,106; 12. Matt Kenseth, 5,094; 13. Ryan Newman, 3,221; 14. Jamie McMurray, 3,220; 15. David Reutimann, 3,132; 16. Juan Pablo Montoya, 3,132; 17. Mark Martin, 3,098; 18. Dale Earnhardt, Jr., 3,068; 19. Kasey Kahne, 3,053; 20. Martin Truex, Jr., 2,987.

IRL INDYCAR

POINTS LEADERS
Through Sept. 19

1. Will Power, 587 points; 2. Dario Franchitti, 575; 3. Helio Castroneves, 501; 4. Scott Dixon, 497; 5. Ryan Briscoe, 450; 6. Ryan Hunter-Reay, 426; 7. Tony Kanaan, 418; 8. (tie), Dan Wheldon and Marco Andretti, 366; 10. Justin Wilson, 349.

11. Danica Patrick, 327; 12. Alex Tagliani, Lachenaie, Que., 286; 13. Vitor Meira, 282; 14. (tie), Raphael Matos and Mario Moraes, 277; 16. E.J. Viso, 250; 17. Alex Lloyd, 248; 18. Hideki Mutoh, 238; 19. Simona de Silvestro, 230; 20. Graham Rahal, 215.

21. Takuma Sato, 202; 22. Bertrand Baguette, 198; 23. Milka Duno, 172; 24. Mario Romancini, 149; 25. Mike Conway, 110; **26. Paul Tracy, Toronto, 91**

NFL

WEEK 2

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Miami	2	0	0	1.000	29	20
N.Y. Jets	1	1	0	.500	37	24
New England	1	1	0	.500	52	52
Buffalo	0	2	0	.000	17	49

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	64	51
Jacksonville	1	1	0	.500	37	55
Tennessee	1	1	0	.500	49	32
Indianapolis	1	1	0	.500	62	48

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	2	0	0	1.000	34	20
Cincinnati	1	1	0	.500	39	48
Baltimore	1	1	0	.500	20	24
Cleveland	0	2	0	.000	28	33

WEST

	W	L	T	Pct	PF	PA
Kansas City	2	0	0	1.000	37	28
San Diego	1	1	0	.500	52	34
Denver	1	1	0	.500	48	38
Oakland	1	1	0	.500	29	52

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	1	1	0	.500	40	37
N.Y. Giants	1	1	0	.500	45	56
Philadelphia	1	1	0	.500	55	59
Dallas	0	2	0	.000	27	40

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	2	0	0	1.000	37	21
New Orleans	2	0	0	1.000	39	31
Atlanta	1	1	0	.500	50	22
Carolina	0	2	0	.000	25	51

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Detroit	0	2	0	.000	46	54
Minnesota	0	2	0	.000	19	28

WEST

	W	L	T	Pct	PF	PA
Seattle	1	1	0	.500	45	37
Arizona	1	1	0	.500	24	54
San Francisco	0	2	0	.000	28	56
St. Louis	0	2	0	.000	27	33

Last night's result
New Orleans 25 San Francisco 22
Sunday's results
Atlanta 41 Arizona 7
Chicago 27 Dallas 20
Cincinnati 15 Baltimore 10
Denver 31 Seattle 14
Green Bay 34 Buffalo 7
Houston 30 Washington 27 (OT)
Kansas City 16 Cleveland 14
Miami 14 Minnesota 10
N.Y. Jets 28 New England 14
Oakland 16 St. Louis 14
Philadelphia 35 Detroit 32
Pittsburgh 19 Tennessee 11
San Diego 38 Jacksonville 13
Tampa Bay 20 Carolina 7
Indianapolis 38 N.Y. Giants 14

BETTING

PRO LINE LOTTERY ODDS

TUESDAY, SEPT. 21

No.	SPT	VIS	HOME	V+	V	T	H	H+	O	#	U
32	BBL	ATL	PHI	3.6	2.8	3.2	1.2	1.3	1.9	8.5	1.55
33	BBL	HOU	WAS	2	1.65	2.75	1.75	2.1	—	—	—
34	BBL	KC	DET	2.7	2.3	3	1.35	1.6	1.9	9.5	1.55
35	BBL	STL	PIT	1.7	1.4	3	2.2	2.6	1.8	8.5	1.6
36	BBL	TB	NYY	2.5	2.1	3	1.45	1.75	1.8	9.5	1.6
37	BBH	CRAW	RCAN	2.6	2.3	3.2	1.9	2.1	—	—	—
38	BBL	SEA	TOR	2.4	2	3	1.5	1.8	1.6	8.5	1.8
39	BBL	BAL	BOS	3.25	2.65	3.2	1.25	1.4	1.6	8.5	1.8
40	BBL	NYM	FLA	2.2	1.8	2.8	1.6	1.9	1.8	8.5	1.6
41	BBL	SF	CHIC	1.85	1.55	2.9	1.9	2.3	—	—	—
42	BBL	CIN	MIL	1.9	1.6	2.8	1.8	2.2	2	9.5	1.5
43	BBH	JVOT	FIEL	2.1	1.9	3.2	2.3	2.6	—	—	—
44	BBL	CLE	MIN	2.5	2.1	3	1.45	1.75	1.8	8.5	1.6
45	BBL	COL	ARZ	1.75	1.45	3	2.1	2.5	1.8	9.5	1.6
46	BBL	CWS	OAK	2.5	2.1	3	1.45	1.75	—	—	—
47	BBL	TEX	LAA	2	1.65	2.75	1.75	2.1	1.9	8.5	1.55
48	BBL	SD	LAD	2.1	1.75	2.75	1.65	2	—	—	—
78	2:00p	SCR	MALL	ATHL	—	3.4	3	1.9	—	—	—
79	2:00p	SCR	RSC	OSAS	—	3.2	3	2	—	—	—
80	2:45p	SCR	BLT	BURN	—	2.4	2.8	2.7	—	—	—
81	2:45p	SCR	FUL	STOK	—	2.8	3	2.2	—	—	—
82	2:45p	SCR	WHU	SUN	—	4	3.2	1.7	—	—	—
83	2:45p	SCR	ARL	TTH	—	2.8	3	2.2	—	—	—

In the event of any discrepancy between this information and odds available from OLG, the latter shall prevail.

TENNIS

WTA HANSOL KOREA OPEN

At Seoul, South Korea
Singles
First Round
Alisa Kleybanova (5), Russia, def. Chang Kai-chen, Taiwan, 6-2, 6-3.
Ksenia Pervak, Russia, def. Chan Yung-jan, Taiwan, 6-4, 7-5.
Elena Baltacha, Britain, def. Kim So-jung, South Korea, 6-3, 6,4.
Ekaterina Makarova, Russia, def. Iveta Benesova, Czech Republic, 6-2, 3-6, 7-5

WTA TASHKENT OPEN

At Tashkent, Uzbekistan
Singles
First Round
Elena Vesnina (4), Russia, def. Lesya Tsurenko, Ukraine, 6-3, 6-2.
Stefanie Voegele, Switzerland, def. Alina Abdurakhimova, Uzbekistan, 6-3, 6-1.
Evgeniya Rodina, Russia, def. Arina Rodionova, Russia, 7-6 (3), 6-3.
Ekaterina Ivanova, Russia, def. Katie O'Brien, Britain, 7-5, 6-1.
Doubles
First Round
Alexandra Dulgheru, Romania, and Magdalena Rybarikova, Slovakia, def. Akgul Amanmuradova, Uzbekistan, and Darya Kustova (3), Belarus, 7-5, 7-6 (13).

ATP BCR OPEN ROMANIA

At Bucharest, Romania
Singles
First Round
Filippo Volandri, Italy, def. Lukasz Kubot, Poland, 6-3, 6-0.
Doubles
First Round
Santiago Gonzalez, Mexico, and Travis Rettenmaier, U.S., def. Andreas Seppi and Simone Vagnozzi, Italy, 6-4, 6-4.

TRANSACTIONS

BASEBALL

MLB

NATIONAL LEAGUE
ATLANTA BRAVES—Called up RHP Brandon Beachy from Gwinnett (IL). Recalled 3B Brandon Hicks from Gwinnett and placed him on the 60-day DL.
HOUSTON ASTROS—Announced a player development contract with Oklahoma City (PCL). Extended its player development contract with Tri-City (NYP) through the 2012 season.

BASKETBALL

NBA

NEW JERSEY NETS—Promoted Mike Zavodsky to vice president of new corporate marketing ventures.

FOOTBALL

NFL

LEAGUE OFFICE—Announced the resignation of chief financial officer Anthony Noto, effective Oct. 4.
PITTSBURGH STEELERS—Re-signed QB Byron Leftwich.
SAN FRANCISCO 49ERS—Signed CB Tramaine Brock from the practice squad. Waived LB Diyral Briggs.

HOCKEY

NHL

COLUMBUS BLUE JACKETS—Signed G Steve Mason to a two-year contract extension.
PITTSBURGH PENGUINS—Signed general manager Ray Shero to a five-year contract extension through the 2015-16 season.
ST. LOUIS BLUES—Released F Nick MacNeil.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	13	7	5	33	27	44
New York	25	13	8	4	32	27	41
Toronto FC	25	8	10	7	24	28	31
Kansas City	23	8	9	6	24	24	30
Chicago	23	6	9	8	28	31	26
New England	24	7	14	3	24	41	24
Philadelphia	24	6	12	6	27	39	24
D.C.	25	5	17	3	17	39	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	15	5	5	38	19	50
Real Salt Lake	25	13	4	8	38	16	47
FC Dallas	24	11	2	11	31	19	44
Colorado	24	10	7	7	32	24	37
San Jose	23	10	7	6	25	23	36
Seattle	25	10	9	6	30	29	36
Chivas USA	24	7	13	4	25	31	25
Houston	24	6	13	5	29	40	23

Tomorrow's game
(All times Eastern)
New England at FC Dallas, 8:30 p.m.
Friday's game
New York at Los Angeles, 11 p.m.
Saturday's games
Chivas USA at Philadelphia, 4 p.m.
San Jose at Toronto FC, 4 p.m.
Houston at D.C. United, 7:30 p.m.
Columbus at New England, 7:30 p.m.
FC Dallas at Kansas City, 8 p.m.
Seattle FC at Chicago, 8 p.m.
Colorado at Real Salt Lake, 10 p.m.

GOLF

PGA TOUR

FEDEXCUP LEADERS
Through Sept. 12

Rank	Name	Pts	Money
1.	Matt Kuchar	4,935	$4,753,727
2.	Dustin Johnson	4,299	$4,336,622
3.	Charley Hoffman	3,449	$2,289,646
4.	Steve Stricker	3,372	$4,062,735
5.	Paul Casey	3,015	$3,283,194
6.	Jason Day	2,633	$2,757,327
7.	Luke Donald	2,597	$2,855,234
8.	Ernie Els	2,343	$4,311,361
9.	Martin Laird	2,294	$1,639,528
10.	Phil Mickelson	2,249	$3,685,233
11.	Jim Furyk	2,121	$3,459,622
12.	Geoff Ogilvy	2,121	$2,214,545
13.	Justin Rose	2,105	$3,441,331
14.	Adam Scott	2,083	$2,364,902
15.	Hunter Mahan	2,058	$3,402,391
16.	Ryan Palmer	1,988	$2,678,611
17.	Retief Goosen	1,976	$2,700,589
18.	Bubba Watson	1,948	$3,051,998
19.	Zach Johnson	1,896	$2,624,868
20.	Kevin Na	1,837	$1,862,224
21.	Tim Clark	1,757	$3,205,431
22.	Ben Crane	1,732	$2,694,500
23.	K.J. Choi	1,725	$1,952,462
24.	Jeff Overton	1,669	$3,334,856
25.	Camilo Villegas	1,621	$2,827,398
26.	Ryan Moore	1,610	$2,166,698
27.	Robert Allenby	1,604	$2,619,997
28.	Nick Watney	1,584	$2,057,289
29.	Kevin Streelman	1,575	$1,181,724
30.	Bo Van Pelt	1,572	$2,630,258

WORLD GOLF RANKING

Through Sept. 19

1.	Tiger Woods	USA	9.22
2.	Phil Mickelson	USA	8.66
3.	Lee Westwood	Eng	8.45
4.	Steve Stricker	USA	7.87
5.	Martin Kaymer	Ger	7.18
6.	Jim Furyk	USA	6.50
7.	Paul Casey	Eng	6.16
8.	Rory McIlroy	NIr	5.66
9.	Luke Donald	Eng	5.45
10.	Matt Kuchar	USA	5.45
11.	Ernie Els	SAf	5.41
12.	Dustin Johnson	USA	5.08
13.	Graeme McDowell	NIr	4.83
14.	Ian Poulter	Eng	4.81
15.	Hunter Mahan	USA	4.72
16.	Edoardo Molinari	Ita	4.68
17.	Retief Goosen	SAf	4.37
18.	Zach Johnson	USA	4.19
19.	Anthony Kim	USA	4.16
20.	Louis Oosthuizen	SAf	4.05

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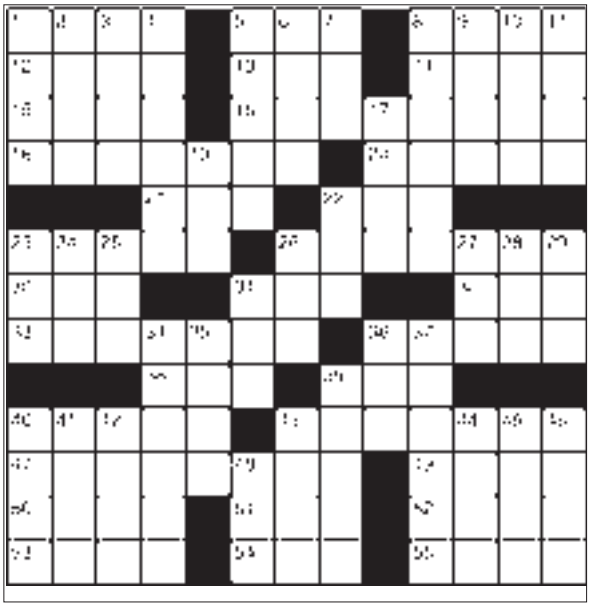
Crossword



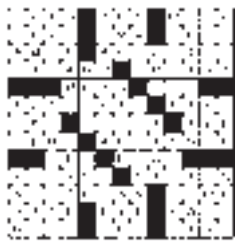
Across

1 "Scram!"
5 Kitten's call
8 Information
12 Arizona tribe
13 Judge Lance
14 Wander
15 Sheltered
16 "— of Arabia"
18 Construction worker
20 Ancient Greek theater
21 Longing
22 Suitcase
23 Restaurant request
26 "Cold Mountain" actor
30 Hockey milieu
31 Crucial
32 Fuss
33 Docket entry
36 Newsstand, e.g.
38 Branch
39 Family
40 Straighten
43 Loses vitality
47 Cabbage recipe
49 Needle case
50 Tattoo parlor supply
51 "The Greatest"
52 McNally partner
53 Odometer stat
54 "Of course"
55 Otherwise

Down

1 Persian bigwig of yore
2 Soda pop choice
3 Mimic
4 Color a shirt, hippie-style
5 Italian city
6 Coup d'—
7 "Holy mackerel!"
8 Coat with flour
9 Top-notch
10 Mexican entree
11 Prayer ending
17 Highway
19 That girl
22 Purchase
23 Lubricate
24 HDTV brand
25 Morning moisture
26 Lustrous black
27 "7 Faces of Dr. —"
28 Billboards
29 Stir-fry vessel
31 Actress Novak
34 Most judicious
35 Ornamental vases
36 Caboodle's partner
37 Belong naturally
39 New Zealanders
40 Hydrochloric, e.g.
41 Actress Anderson
42 Sorts
43 Corduroy ridge
44 And others (Lat.)
45 Gallops
46 Faction
48 Deposit

▶ Yesterday's answer



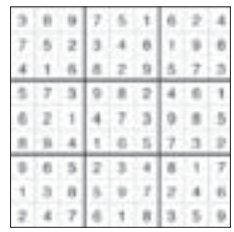
Sudoku

			9	4			1	2
8	2			3	5			4
	9				2		4	
	1	6				8	9	
	7		3				5	
5			1	8			7	9
7	4			6	3			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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Show some love! Send a note to somebody special at kiss@metronews.ca

May I'm truly in love with you and i miss you every single day in my life. Soon we gonna be together and everything is gonna be fine. Hold on our love and keep our trust and faith. I love you so much.
LOVE ALWAYS NEERED

Hii squishy bug! I just wanna say that I think of you all the time.. I care for you a lott. I know I haven't been my best, but I appreciate every moment that I spend with you, and all you've done for me!
YOURS, POOCHII

For the last few days I have seen how it would be without you, and realized that I can't spend a single day without you ... You mean the world to me and I never want to give that up. You make me smile, you are my happiness, you are my one true love, you are my everything. **I LOVE YOU PINKY XOXO**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You won't stand for any kind of nonsense today. You have lots to do and not much time in which to do it and anyone who wastes that time will soon regret it!

♉ Taurus April 21-May 21 You may have very good reasons to get angry with someone today but if you look a little further ahead you will see that, one day, you are most likely going to need their assistance. Be tactful.

♊ Gemini May 22-June 21 A problem you thought had a simple solution will turn into an even bigger and more bewildering problem today, thanks to the negative influence of retrograde Jupiter.

♋ Cancer June 22-July 22 You may think that no one has noticed your little mistake but towards the end of the day you will be reminded of the fact that everything in life must even out in the end.

♌ Leo July 23-Aug.23 The Sun opposes Uranus, planet of upheavals, so something in your life will be disrupted, maybe in a small way, maybe in a big way, but certainly in a way that demands you take action.

♍ Virgo Aug. 24- Sept. 22 You will be quite vocal today in your condemnation of what a friend or work colleague is up to. You don't just disagree with it in principle, you think it will have a negative knock-on effect on you and others.

♎ Libra Sept. 23-Oct. 23 Some kind of upheaval is on the cosmic cards today and you may have to fight dirty if you want to come out ahead of the game financially. You can do that, can't you Libra?

♏ Scorpio Oct. 24-Nov. 22 All change is good in the long-term, even though it sometimes looks bad to begin with, so don't get too worked up by what happens today.

♐ Sagittarius Nov. 23-Dec. 21 You must approach people in the right way today, especially on the work front where you might be tempted to come on a bit strong. Not everyone is as robust as you and some people have fragile egos.

♑ Capricorn Dec. 22-Jan. 20 You don't doubt your abilities, but someone you work alongside is not convinced and will ask that you prove yourself today. Don't hold back. Dazzle them with your brilliance.

♒ Aquarius Jan. 21-Feb. 18 You need to take care when traveling , especially if you are the kind of Aquarius who enjoys the thrill of moving fast. Don't take risks. Also, steer clear of contentious issues.

♓ Pisces Feb. 19-March 20 Go your own way and do your own thing but don't expect much sympathy or support from other people. Not everyone can see what you can see, nor is there any reason why they should. **SALLY BROMPTON**

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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NON-STOP FLIGHTS

MEXICO

Puerto Vallarta/Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Nov. 6 – Dec. 11 • 1 wk.
$969
+Taxes & other fees
(including service charges): $276

Ixtapa/Zihuatanejo

Barceló Ixtapa Beach • 4★
All-Inclusive • Superior rm.
Jan. 8, 15 & 22 • 1 wk.
$1249
+Taxes & other fees
(including service charges): $276

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 24 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1779
+Taxes & other fees
(including service charges): $280

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Jan. 7, 14 & 21 • 1 wk.
$1239
+Taxes & other fees
(including service charges): $222

Allegro Varadero • 3★
All-Inclusive
Superior rm.
Dec. 24 • 1 wk.
$1479
+Taxes & other fees
(including service charges): $222

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 24 • 1 wk.
PRIVILEGES
$1949
+Taxes & other fees
(including service charges): $280

MEXICO

Los Cabos

Royal Solaris Los Cabos • 4★
All-Inclusive • Deluxe rm.
Dec. 19 • 1 wk.
$1399
+Taxes & other fees
(including service charges): $278

Cancun/Riviera Maya

Gran Bahia Principe Coba • 5★
All-Inclusive
Junior suite
Dec. 25 • 1 wk.
$1769
+Taxes & other fees
(including service charges): $284

Gran Bahia Principe Tulum • 5★
All-Inclusive
Standard rm.
Dec. 25 • 1 wk.
$1839
+Taxes & other fees
(including service charges): $284

FLIGHTS VIA TORONTO

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Oct. 3 – 24 • 1 wk.
PRIVILEGES
$799
+Taxes & other fees
(including service charges): $326

DOMINICAN REPUBLIC

Punta Cana

Gran Bahia Principe Punta Cana • 4 1/2★
All-Inclusive
Junior suite
Oct. 2, 16 & 23 • 1 wk.
$869
+Taxes & other fees
(including service charges): $326

SAINT LUCIA

The Village Inn & Spa • 3★
All-Inclusive
Standard rm.
Oct. 2 – 30 • 1 wk.
$1429
+Taxes & other fees
(including service charges): $249

USA

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Savvy saver - Moderate partial city view rm.
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+Taxes & other fees
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CRUISE

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Community Social Service Worker
Computing Science and Information Systems
Dental Assisting
Dispensing Optician
Early Childhood Education
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Health Care Support Worker
Hotel and Restaurant Management
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Nursing
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